

controlled chaos



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East High School

815 East 13th Street

Des Moines, Iowa 50316

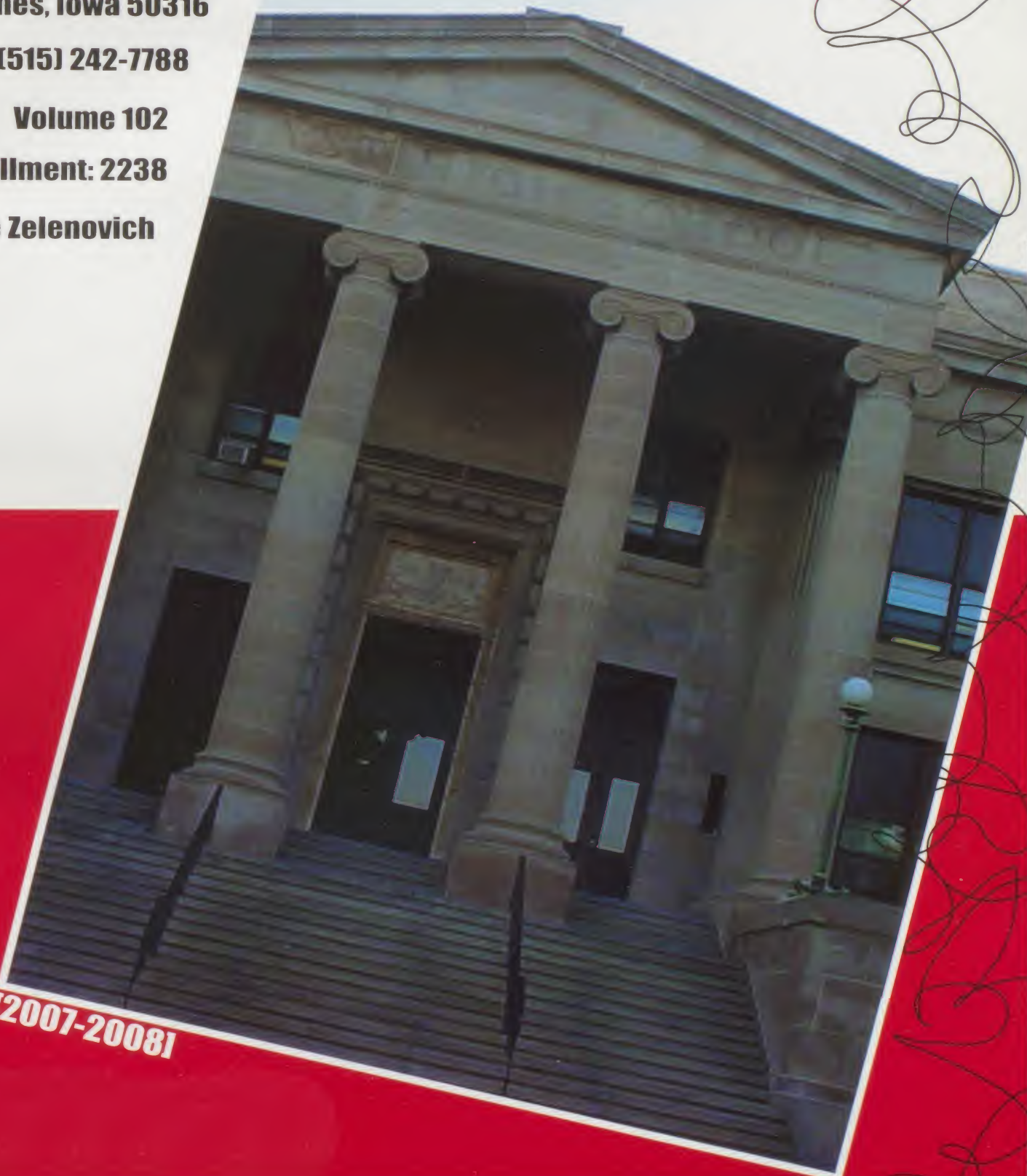
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Principal Mike Zelenovich

[2007-2008]



controlled chaos

haos: over-the-top fans, jam-packed hallways, wild-and-crazy tailgating.

These are the memories that will always be with you.

Control: hall monitors, teachers, tests, administrators

These are the things that have shaped you, gotten you to where you are today.

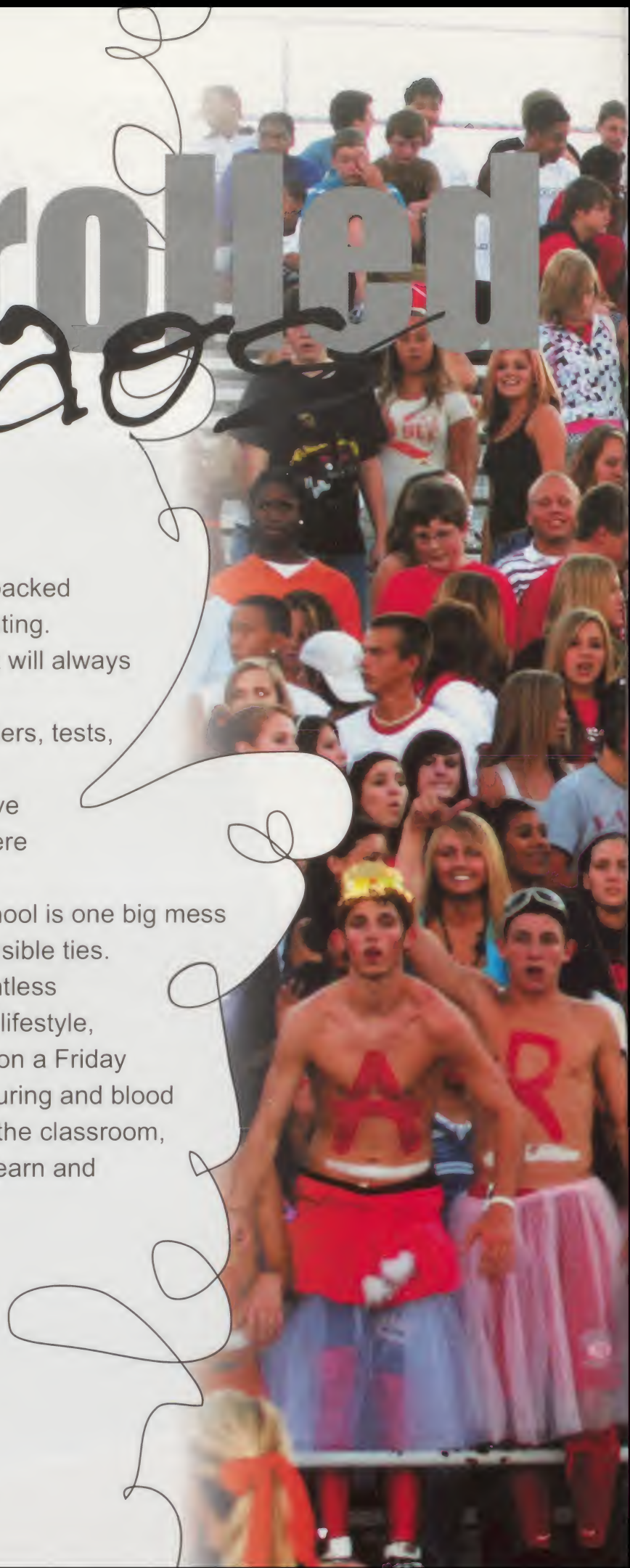
That's all it really is. High school is one big mess somehow held together by invisible ties.

Everyone is different in countless ways, everyone has their own lifestyle, background and opinion—yet on a Friday game-night, when sweat is pouring and blood is pumping, we are all one. In the classroom, we have a common goal—to learn and improve.

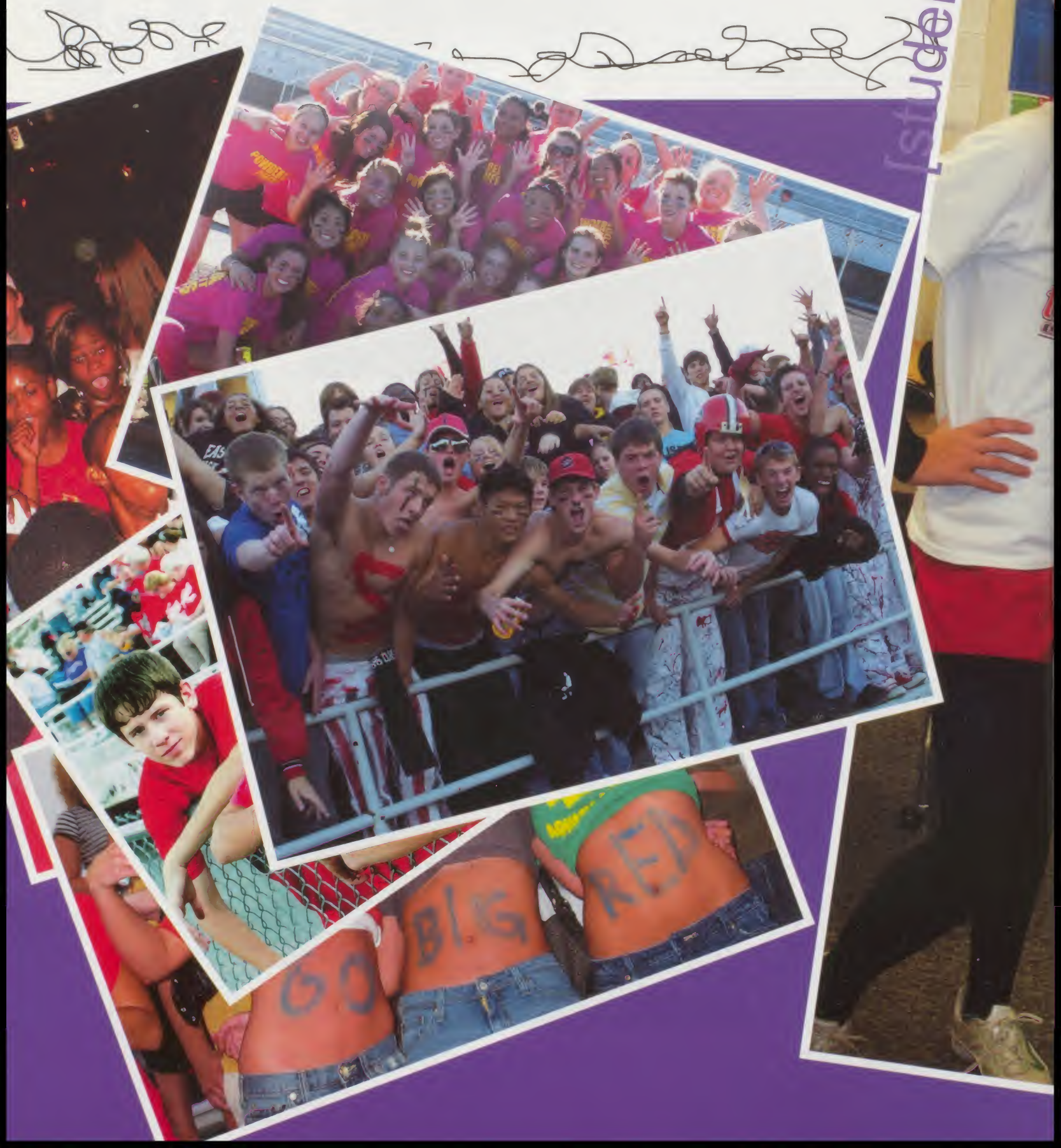
We are a community.

We are a family.

We are East High.









Decorative swirl

Homecoming
Decorative swirl

HIGH SCHOOL FOOTBALL EAST HIGH SCHOOL FOOTBALL

What happens in Vegas stays in Vegas

Story and Layout By: Mallin Sayre

If you've ever been to a homecoming dance at East you know that walking down the stairs from the cafeteria to the gym can be a nightmare. Going through a door or down some steps should seem like second nature to most of us, but in a stairway with no lights, that's not the case.

"This year we kept it in the new community center and the big gym," said student government adviser **Samy El-Baroudi**. "That way it's all on the same floor and we don't have to worry about all the entrances and exits that we would normally have."

Homecoming week has always been somewhat of a tradition, especially the game and the assembly. It

is expected that the assembly takes your mind off school and gives everyone a chance to relax and the game is a victory that we look forward to each season.

"The game is very important; we have normal practices that week but cut them a little short so the boys can be involved with all the activities," said Head Coach **Rick Roberts**.

It's not just the football players that are expected to pull together to make homecoming a success. Pep "E" Club has been around for over fifty years, and they do all they can to make sure everyone has spirit for the games and events.

"I think the homecoming buttons are always a good idea; we usually do simple things like beads and cheek tattoos," said Pep "E" adviser **Robbie Malm**.

Homecoming is always crazy with decorating, organizing and planning for the final payoff at the end of the week, even with all this the students and faculty still finds the time to dress up every day and show off their crazy costumes.

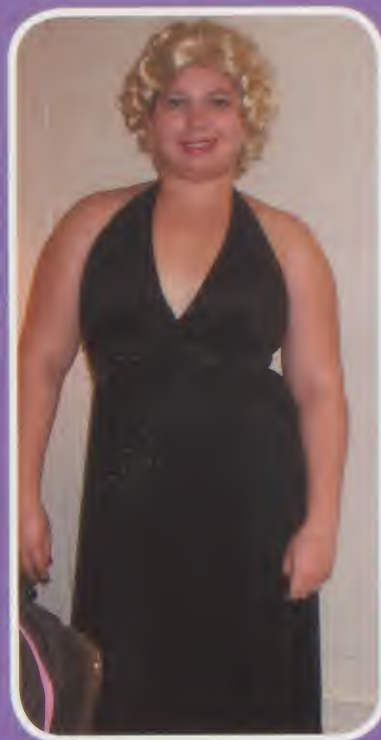
"I love that week, I try to dress up every day. This year my favorite day was "ER" day. It's just fun to see what crazy ideas everyone thought of," said senior **Mackenzie Schmitt**.

006

student life



Below, senior **Nick Mongar** practices on his hover board as **Marty McFly** of *Back To The Future* as senior **Audri Lu** cheers him on as a flying monkey from *The Wizard Of Oz*. Right, **Samantha** and **Amanda Roth** support -Er day dressed as a trooper and a toddler. Far right, **Andrea Mart**, shows off her Marilyn Monroe attire for Vegas Day.



Juniors **Johnny Wentland**, **Jake Peters** and **Jonathan Hernandez** stop for a picture in the parking lot during Gender Bender day. This was just one of the many dress up days during Homecoming week.



At left, seniors **Justin Duckworth** and foreign exchange student **Adrian Eni** body paint for the homecoming game against Roosevelt. Far left, the seniors and juniors get ready for the next play during the powderpuff game.

homecoming

Viva Las Vegas

just get up and dance

story/layout by: Katie Grimm

When senior **Paige Shannon** stepped onto the dance floor homecoming night, she did not expect to see what she did.

"I thought it looked very nice, the theme was represented very well," said Shannon.

This year's homecoming, as other years, was organized by the EHS student government with the supervision of business and economics teacher **Samy El-Baroudi**.

This year's homecoming was held Saturday October 6th, from 7:30-10:30pm in the big gym. Students danced around

the theme of "Viva Las Vegas"; with theme colors of gold, red and blue.

"I had a lot of fun this year, even though it was really hot in the gym," said sophomore **Brittney Trigg**.

The new community center doors were the entrance to the dance instead of the main school entrance. There were a few visitors from our past, Marilyn Monroe and Elvis Presley made an appearance, the Vegas strip outline was lit up brightly with a lot of lights. An overhead projection screen played music videos of the songs playing. Gossamer covered lights, streamers, palm trees, dice, cards, and paper money accentuated the place known as EHS' "little Vegas".

A change from last year, students voted in their advisories to nominate homecoming court instead of doing it during fifth hour. The change was due to 5th period being lunch period, trying to get students to vote at once was a task all in itself.

"It's hard for me to snap from grade level to grade level, and everyone is in different places at different times. Since advisories are separated by grades, I can send say a whole group of senior ballots to a senior advisory, and not have to pick through them later," said El-Baroudi.

After the last votes were counted, this year's freshmen representatives were **Brenda Baccam** and **DeShawn Cason**. **Shelby Carr** and **Tyler Rounds** represented the sophomore class, **Alexis Ficek** and **Kiandre Smith** were representing the junior class. This year's homecoming king and queen were **Ashley Kasper** and **Allen Van Gundy**.

9th



Brenda Baccam
& DeShawn Cason

homecoming court

008

student life



On far left, seniors step aside from hanging out to take a picture. On the right, a couple dances the night away, Viva Las Vegas style!



Senior friends eat dinner, laugh and have fun enjoying the night. For most this was the last homecoming dance of their high school life.



Above, juniors **Matt Widlund** and **Kim Robinson** pose for a picture. On the left, students have fun during the dance. Many say this year was one of the best dances they have been to at East.



10th



Shelby Carr
& Tyler Rounds

11th



Alexis Ficek
& Kiandre Smith

King & Queen



Ashley Kasper
& Allen VanGundy

homecoming

009

what's unusual in your purse



my "side-to-go pen"
-Senior Rachel Schwartztrauber



socks, a hand saw and seashells
-Math teacher Robbie Malm

elow, senior **Jill Ayersman's** purse contains the essentials any high school girl could need: a wallet, keys, and a brush. At right, seniors **Amanda Roth, Jessica Tran, and Samantha Roth** pose with their different purses and show off what's inside.



junior **Shelby Smith** flaunts her electric blue purse during passing period.

the essentials



010 student life

What's Inside Your Purse?

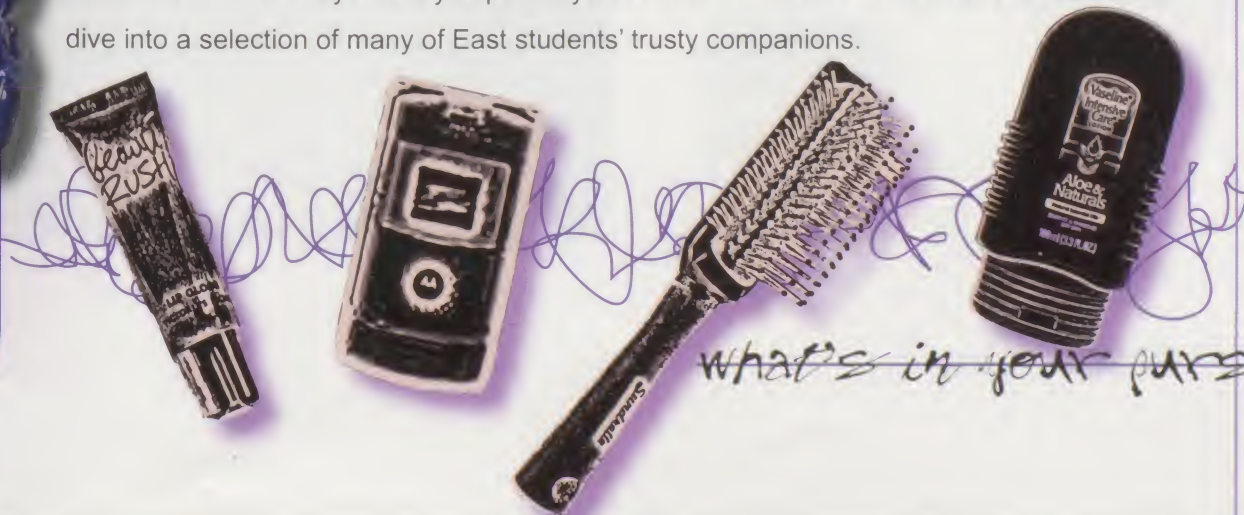


Purses could be considered the best accessory on the runways or in the hallways, not only can they be fashionable, but also functional.

Purses vary just as much as their owners do; they come in endless shapes, sizes, and colors. **Over time, a purse can become less like a skillfully-sewn swatch of fabric and more like a best friend.**

The only thing that could possibly be more unique than the look of one's purse is what's kept inside. Besides the basics, like pens, make-up, and feminine products, many girls at East are toting around some pretty surprising finds.

Finally these wacky "essentials" will be revealed and questions like "are you carrying a brick in there?" or "why would you possibly need all of this stuff?" will be answered with this dive into a selection of many of East students' trusty companions.



What's in your purse?

cafeteria food

Story/layout by: Masyn Sayre



Above, Lori Walske and Sue Grimm relax after their busy morning routine. Below, sophomore Deryk Delk and Freshman Corey Titus enjoy a school favorite, cheesy bread.



W

hen most people hear cafeteria food they think of the classic "mystery meat" being served out of a big metal pan. It's hard to believe that our beloved lunchroom staff actually takes four hours to plan and prepare the food for hundreds of students each day.

"I start breakfast around six in the morning and right after that, around seven we start getting ready for the lunch hour," said **Norma Toigo**, who has been working on the East lunch staff for over forty years.

While some of the food in the cafeteria is so odd looking you have to check out the signs posted or even ask, some students actually look forward to certain days in the lunchroom.

"Sometimes I'm so hungry I don't care what it is, but my favorite things are definitely the burritos and cheesy bread," said senior **Colton Collins**.

For some of us it may be hard to understand that having an open campus lunch is a privilege, but for others it's just not worth going out in the cold weather or worrying about making it back to class on time.

"I think that having open campus for lunch is a good idea, if you can't get back on time then you probably should just stay here," said freshman **Kacie Mongar**.



Left, lunch staff prepares dozens of pre-made lunches. Above, senior **Kyle Bates** defends his lovely tuna sandwich.

What's your favorite food?



"My favorite is probably crab legs or chicken alla vodka."
-Senior Derek Wollesen



"Definitely grandma's salad!"
-Junior Trish Barton



"I love pepperoni and cheez it."
-Teacher Michelle McPherson

Lunchroom Food

013

What is your obsession?



"I love being able to hit people while playing hockey."

-Freshman Jordan Duckworth



"I love my straightener. I can't live without it!"

-Junior Meltisha Crawford



"I absolutely love my world more than anything in the world!"

-Physics teacher Nancy Duncan



Senior Jordan Boston said she loves shopping for crazy and outrageous colored shoes!



obsession confession

Story/layout by Kylie Vry

W

hether it's that yummy, warm, chocolaty taste or the hip new text messaging cellphone, maybe even the fast food crave of McDonalds or the crazy all-day shopping spree, everyone has an obsession that they're dying for.

"I have to admit I am addicted to shopping," said junior **Sarah Hillary**. "My favorite store is the Buckle. I love it, and could go everyday and never get tired of it."

Caffeine may be one of the highest addictions of teenage kids today.

The brand names are pulsing with power: Red Bulls and Monsters lurking in every hallway, kids sneaking in their extra 12 oz Mountain Dew's and Pepsis. Is it any wonder caffeine consumption is on the rise among kids?

The most conservative estimates that children and teens guzzle more than 64 gallons of soda a year, an amount that has tripled for teens since 1978, doubled for the 6-11 set, and increased by a quarter for under-5 tots, according to a 1994 survey by the Agriculture Department.

"I love getting that rush feeling plus its great tasting. It really wakes me up and helps me listen in school," said junior **Charles Hughes**.

Cell phones are not only the "next big thing" but "the thing" to have from the teenage world today.

So common are cell phones for teens that these days over 20 million kids in America alone have cell phones. Put next to other numbers, that means that phones are now the single biggest electronics market in the USA with a commanding 60 percent of the market share.

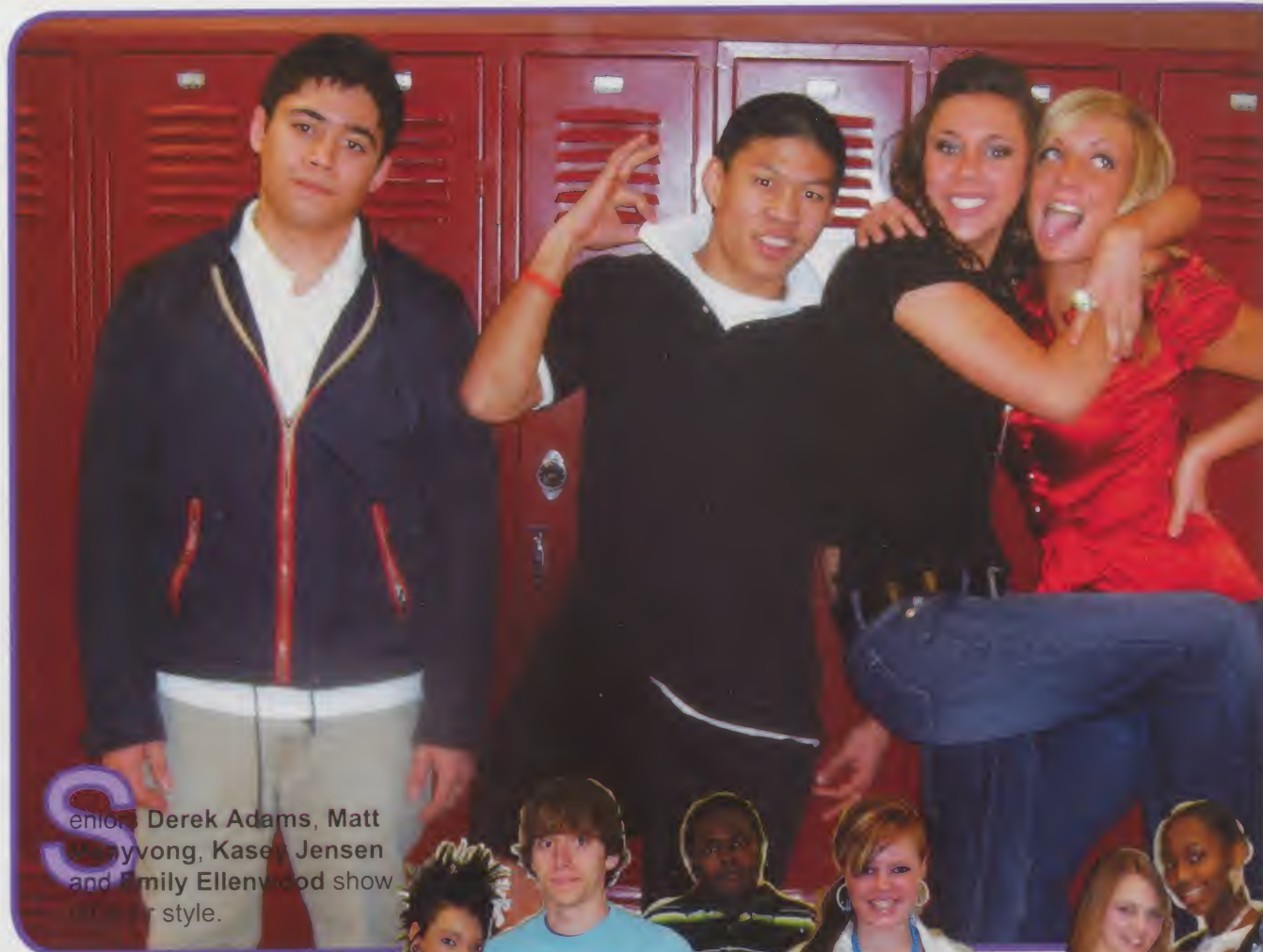
"I can not live without my cell phone," said junior **Nari Cavan**. "It's a must need during the boring and sleepless d ys of school."

No matter what your obsession, everyone has one. You can't get over it or around it; you just have to love it!



obsession confession

015



Seniors Derek Adams, Matt Manyong, Kasey Jensen and Emily Ellenwood show off their style.

the hottest trends now →

016

student life



What's hot What's not

Story/layout By: Ashley Kasper

2007-2008

The 70's were the time of the bell bottoms, the 80's had that flair of rock and roll, and the 90's hold our memories of the dreaded stone washed jeans. So what will the first decade of the 2000's be known for? Well, we're writing history here people, it's up to us; get to it!

This school year has been jam packed with fashion do's and don'ts. Bright hues, bold prints, comfy sweatpants; the halls of East High have seen them all.

"It's just too cold to wear anything but sweatpants and boots," said senior **Kayla Koeppen**.

Some popular trends at East this year for the ladies were skinny jeans, bright hues, ballet flats,

and big purses. Popular trends on the men's side were bold prints, tight jeans, polo's, and Hollister/American Eagle fitted tees.

Compared to past years, guys clothing has seemed to have shrunk, and girls clothing, overall, has become looser.

A great thing about the trendy but simple clothing is that it can be found almost anywhere.

"You can find all the latest trends any where," said sophomore **Chelsy Mongar**.

Some trends, however, are officially off the hot list, and now on the do not list. Students agree that gauchos are officially over. Along with the extinction of the gauchos are leg warmers, small purses, and baby tees.

What's hot

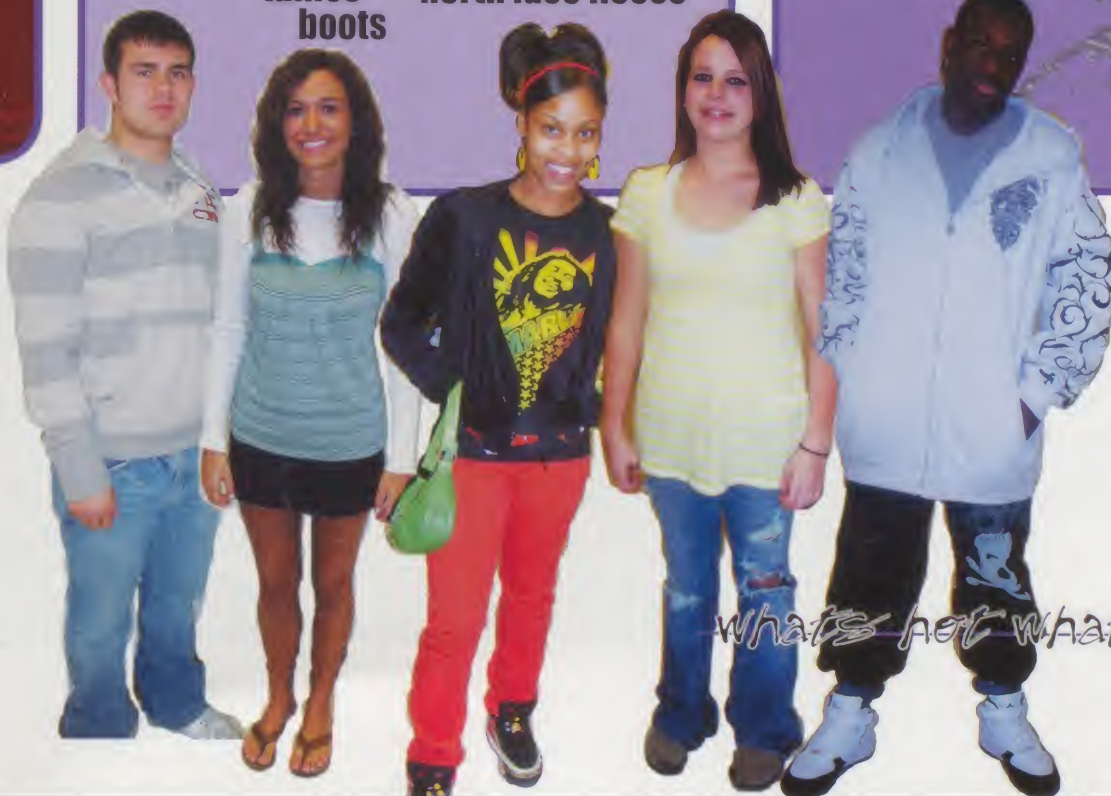
bold prints
skinny jeans
tunics
boots

gauges
metallics
north face fleece

What's not

gaucho pants
small purses
baby tees

leg warmers
sagging jeans



What's hot What's not

017

East High Winter Formal Court 2008



Brady Burrows



Brittany Jensen



Brady Burrows



Chelsy Mongar



Alex Vandy



Payson

Sophomores **Evan Holleran**, **Tyler Jensen**, and **Cody Wilson** meet at a friends house before the dance.



Right, seniors **Emily Ellenwood**, **Mickie Phengsiaroun**, and **Jennifer Johnson** ate at Chips restaurant in Ankeny. Far right, juniors **Gage Rhoads** and **Missy Ulmer** take pictures before the dance.



candy Land extravaganza

Story/layout by: Ashley Kasper



Seniors gather for a picture at their last winter formal dance.



Freshmen **McKenzie Wedig, Katie Hines, and Taylor Allegher** get ready for their first winter formal dance.

Candy Land, a colorful way for a preschooler's high schoolers to experience the joy of game play. This year's theme for winter formal was Candy Land Extravaganza, based on the board game, Candy Land. It was organized by the Pep 'E' Club.

East's café was wall to wall with students dancing together at the same beat.

"I think the dance was a huge success," said advisor **Susan Hook**, "There are times in the past that the crowd starts to leave after the court is announced, but not this dance; everyone danced through the final song."

"**The Cupid Shuffle and the Soldier Boy were the best, everyone was doing it,**" said senior **Mickie Phengsiaroun**. "It will definitely be one of the things I will remember from my last winter formal."

The dance was a definite hit this year with just over 650 tickets sold. The café was actually packed to capacity.

"It felt like there were way more people at this winter formal than ones in the past," said Senior **Mattison Sellers**.

"The dance was pretty cool; I liked the candy idea," said freshman **Nick Savage**.

Pep 'E' got creative this year by incorporating the theme into everything from the giant gingerbread house to the snacks. The normal cookies and juice were replaced by a chocolate "swamp" fountain and a cotton candy machine.

"I had some of the cotton candy, it was really good," said freshman **Liz Bolten**.

The key to the success of the dance is always student enthusiasm and involvement.

"I would like to compliment the students who attended the dance," said Hook. "Everyone looked fantastic and its fun planning activities for students who do a great job."

winter formal

019

sports]





Initiative
enemies



Some of the freshman team and coaches sit in the dugout trying to catch some shade in between innings.



slidin' home

Story/Layout by: Casie Johnson

Summer is usually all about staying up late, sleeping in, and hanging out with friends all day... right? For the freshman and sophomore baseball teams, it's only half right. Starting at the beginning of May and ending in July, it's all about baseball for the boys.

The freshmen started practice at 9 a.m. in the summer and right after school during the year. The sophomores started at 1 p.m. in the summer and 4 p.m. during the school year.

"It was really hot during practice this year. We didn't start until 1 p.m. and that's the hottest time of the day," said sophomore **Ben Sigmund**.

Some of the highlights of the season for the sophomores were beating rival Roosevelt 31-0 and ten-run-ruling Dowling Catholic in the season opener. The sophomores ended the season with a record of 20-6.

"The season was a great success, to be able to fight your way through the tough schedule we had with only six losses is amazing and it says something about the talent we have on the team," said Coach **Martin Luft**.

With five of their best players given away to the sophomore team and a season record of 18-11, the freshmen had a great season, too.

"I think we did very well," said freshman **Matthew Grover**. "In some of the games we kind of stopped playing our best around the sixth inning. If we would have kept strong throughout the game, our season would have been even better."

The biggest strength for the freshmen was batting. According to Coach **James Giboo**, it was one of the best years he has seen in along time.

"Matt Grover had the highest batting average that I have seen since I have been here," said Giboo.

So maybe the boys didn't get to sleep in as much as they wanted, or hang out with friends all day, but it all paid off with a great season.



022

sports



Junior **Antonio Nizzi** pitches his fast ball hoping for another strike out. Nizzi had thirteen strike-outs all season.

Season

Statistics

FROSH

| | | |
|-----|----------------|--------------|
| W | Dowling | 4-3 |
| W | North | 13-6 |
| L | Ankeny | 4-5 |
| L-W | Ottumwa | 7-8 6-1 |
| W-L | Lincoln | 5-4 1-2 |
| W-W | Hoover | 14-5 14-1 |
| L-L | Marshalltown | 2-5 6-12 |
| W-W | Roosevelt | 14-0 8-7 |
| W-L | North | 18-6 9-10 |
| W-W | Newton | 7-2 2-1 |
| L-L | Ottumwa | 9-12 1-2 |
| L-W | Lincoln | 7-8 10-5 |
| W-W | Hoover | 17-1 Forfeit |
| W-W | Roosevelt | 13-9 15-2 |
| L-L | Southeast Polk | 9-10 6-8 |
| W-W | Indianola | 20-7 15-5 |

SOPH

| | | |
|-----|----------------|--------------|
| W | Dowling | 14-4 |
| W-W | North | 12-2 Forfeit |
| L | Ankeny | 0-3 |
| | Ottumwa | Rainout |
| W-W | Lincoln | 11-1 8-7 |
| W-L | Hoover | 11-1 14-15 |
| | Marshalltown | Cancelled |
| W-W | Roosevelt | 9-3 5-1 |
| W-W | Waukee | 8-2 11-7 |
| W-W | North | 14-0 Forfeit |
| L-L | Ottumwa | 2-11 5-12 |
| L-L | Lincoln | 11-14 7-8 |
| W-W | Hoover | 10-0 Forfeit |
| W-W | Roosevelt | 15-5 31-0 |
| W-W | Southeast Polk | 7-6 5-4 |
| W-W | Indianola | 16-7 9-4 |



he sophomore team meets **Ben Sigmund** at home plate to congratulate him on his home run. Sigmund had four home runs all season.



reshman **Logan Davis** leads off of third base hoping to get a steal off of Roosevelt for another win.

strength agility
team work patience
focus strength
determination

"This season was fun. We did well and we still got to mess around and have a good time."
-Sophomore **Gavin Althaus**



how do
you think the
season
went?



"We played our hardest and walked away with a good season overall." -Junior **Chris Sullivan**

9/10 baseball

023

batting records

Story/Layout by: Nick Mongar

avenport Central, Dowling and Urbandale are considered as the collection of the most dominate high school baseball teams in Iowa. But after a season of broken records, nasty pitching, and clutch hitting, it wasn't hard to find East included in that group either.

The Scarlets finished the season with an impressive overall record of 34-6, and a state ranking of 5th place.

"Teamwork," said Head Coach **Brian Luft**. "They worked together and the seniors showed a lot of leadership."

East clinched the Metro Conference title as well, a feat that hasn't been accomplished at the varsity level since 1986.

"We had won the conference when we were freshmen and sophomores, so it didn't seem that new to us," said senior outfielder **Austin Elder**. "Well, it might've been a slightly bigger deal."

Many of the players were honored at the end of the season banquet. Alum **Ryan Brouwer** and senior outfielder **Sean Logan** were awarded 1st Team All Super Team in Iowa, the highest baseball honor given. Overall, 10 members were honored, including Luft, who was awarded Coach of the Year.

Along with the team's overall achievement, Logan had record setting success of his own. Logan hit a record 27 doubles, the most in school and state history during a season.

Logan also broke the school record for hits in a season with 70.

"I really didn't know that I had broken a record," said Logan. "I was just standing on second base and the whole crowd was going crazy; it took me awhile to realize what had just happened and it felt pretty good."

"Sean works year round," said Luft. "The success he has comes from hard work, not from luck; he works every day to get better."

Logan is only 3 doubles away from setting a school career record.

The season ended on a close sub-state loss to cross-town rival Ankeny, who they had already beat previously in the regular season.

"It was really disappointing that we didn't finish," said senior catcher **Scott Jensen**. "We were clearly the best team in the state."

"We came to play, we just didn't finish it," said senior outfielder **Cody Bosley**. "Our hopes were crushed."

East has some rebuilding to do after losing some key pitchers last year, but feels that the incoming class will be able to step up to the plate.

"We've got some work to do to be ready for next season," said Jensen, "as far as I'm concerned they can start making our plaque now."



"It was exciting after we had clinched, the atmosphere was always really intense."
- Senior **Tim Bolander**



how do
you feel about being
metro conference
champs?



"It was really cool, it was the first time that we've won the metro in over 20 years."
-Senior **Austin Elder**

the team gathers at home plate after a 7-3 win over Indianola. This was the Scarlets' final game of the regular season before entering the playoffs. Below: Senior **Colton Collins** just beats out the double play at first to keep the inning alive.

alum pitcher **Brett Toncar** tags out the go-ahead-run at the plate, during a game against Roosevelt.

alum **Josh Myers** belts an RBI double to deep left field. Myers had the fourth highest batting average on the team.

Season Statistics

| | | | | | |
|-----|--------------|------------|-----|-----------------|------------|
| L | Dowling | 6-7 | W | Roosevelt | 5-4 |
| W-W | North | 7-3, 17-1 | W | North | 14-4 |
| W | Ankeny | 4-3 | W | Davis County | 10-1 |
| W | Boone | 11-1 | W-W | Ottumwa | 8-3, 4-3 |
| W-W | Ottumwa | 13-1, 13-3 | W | North | 17-9 |
| W-W | Mason City | 8-2, 13-3 | W | Grand View Park | 17-2 |
| L-W | Lincoln | 7-8, 7-1 | W-W | Lincoln | 4-3, 6-4 |
| W | Glenwood | 11-1 | W | Davenport | 4-3 |
| W-W | Hoover | 7-3, 14-1 | W | North Polk | 14-0 |
| L-W | Marshalltown | 5-8, 10-4 | W-W | Hoover | 13-7, 13-1 |
| W | Winterset | 23-6 | W-W | Roosevelt | 9-2, 12-1 |
| L | Ankeny | 4-7 | W-L | SE Polk | 7-5, 3-4 |
| W | Roosevelt | 4-1 | W | Indianola | 7-3 |
| W | Waukee | 13-1 | W | Johnston | 7-6 |
| | | | L | Ankeny | 7-8 |

momentum
clutch patience
drive intensity
heart

varsity baseball

025

fast pitch!

Story/Layout by: Ashley Lovell

You know the basics: hard work, team effort, time and ability. Those are the most important parts that put together a great team. "It was a lot of work, it also took up so much time I had no social life," said freshman **Vancy Bergan**. "I spent so much of my time at and on the field it practically felt like I lived there."

It's always exciting to have newcomers and sad to see the old ones go. Being the oldest member of a team doesn't seem like very much fun, but for senior **Makanani Scarlett** it wasn't too bad.

"It was awkward and a little weird being the oldest and the only one left on the team, but I still had a lot of my friends there with me," said Scarlett. "It was my last year playing before moving on to the I-club tournament team, it's a hand-picked team."

The experience is incredible for anyone who plays a sport and wants to continue playing. The hard work will pay off if you want it bad enough, but you really have to work for it.

"Playing any sport is great, softball is my passion it really helps me out a lot," said freshman **Stacie Brown**. "I love catching; I've been playing softball since I was six years old. The only bad thing is all the running, it really wore me out."

The entire team was upset after they lost to Lincoln. With a score of 8-4, it was devastating, but Lincoln had the advantage of playing on their home field.

"I was so mad, I know we could have won that game, but our hard work just wasn't enough," said junior **Chelsea Rife**.

Every team has their ups and downs, but this team always pulled through.

"We had some rough games, but we had more good than bad and I loved working with all of the girls this season. I hope I see them all again, they're just a great group," said Coach **Thana Heller**.

Some of the freshmen players played on both teams and some JV players also played on varsity.

"I love playing for both JV and varsity. It's more work, but it was a good experience for me even though softball starts to consume you," said junior **Amy Parker**.

The Metro Conference is a series of games with only five or six teams. Both freshmen and JV made it to the games, and each team won first place. The team practiced really hard. When they knew one of the games was for the conference, they really put their all in to it.

"JV only lost four games but won many, so all the hard practices paid off. I really enjoyed playing," said Parker.



stacie Brown knows what she's doing when it comes to softball. Stacie played for both the freshman and JV teams. She worked hard to get where she is now.



"I liked this season but i didn't play much. I was out for half of the season because of my accident."

- Sophomore **Tori Waters**



"I liked this season because we had a good team and we all worked together to make it great."

- Junior **Chelsea Rife**

what did
you like about this
season? What
made
it better?



champions
ability
determination
talent



ight: Freshman
Kacie Young

swings away during a
game. Young plans on
playing next season.

JV statistics

| | | |
|-----|-------------------|---------|
| W | North | 10-0 |
| W-W | Ottumwa | 8-1,9-0 |
| W-W | C.R. Jefferson | 4-1,5-0 |
| L | Lincoln | 4-8 |
| W | Newton | 12-0 |
| W | Hoover | 5-0 |
| TIE | C.R. Jefferson | TIE |
| W | Clear Creek Amana | 5-3 |
| W | Roosevelt | 3-1 |
| L | Dowling | 0-2 |
| W | Indianola | 7-2 |
| W | Johnston | 2-0 |
| W-W | Ottumwa | 2-0,5-2 |
| W | Dowling | 3-1 |
| W | Lincoln | 6-0 |
| W | Hoover | 11-4 |
| W | North | 11-0 |
| W | Roosevelt | 9-1 |
| L | S.E. Polk | 3-4 |
| W | Ames | 10-0 |
| L | Indianola | 1-5 |
| W | Newton | 8-0 |
| W | Marshalltown | 8-0 |

Freshman statistics

| | | |
|-----|--------------|----------|
| W-W | Ankeny | 6-5,11-1 |
| W | North | 12-0 |
| W-W | Ottumwa | 2-1,11-6 |
| W-L | Lincoln | 4-2,2-6 |
| W-W | Urbandale | 3-2,7-5 |
| W | Roosevelt | 12-0 |
| W-L | Dowling | 7-1,0-1 |
| W | North | 12-0 |
| L-W | Ottumwa | 0-1,7-1 |
| L-W | Dowling | 6-10,9-6 |
| W-W | Lincoln | 1-0,4-2 |
| W | Roosevelt | 8-2 |
| W-L | S.E. Polk | 8-1,3-7 |
| W-W | Urbandale | 1-0,6-2 |
| L-L | Valley | 0-1,0-12 |
| W-W | Indianola | 5-0,5-4 |
| W-W | Marshalltown | 10-0,2-2 |

a

bove: Sophomore
Kaitlyn Carpenter
pitches a fast one looking for an out.
Carpenter was the starting pitcher
for the freshman team. Kaitlyn plays
for three teams: freshman, JV and
varsity.

9/JV softball

027

in it to win it

Story/Layout by: Kylie Vry

After losing six seniors, the East softball team and most of their fans never thought they would win again. They were wrong!

The Scarlet's overall record was 45-4, with the second highest number of wins in school history, and they finished number one in the final 4A poll.

"We knew we were going to surprise a lot of people. Especially when we had teams requesting to play us and the team used all that talk to our advantage," said alum **Amanda Enochs**.

This year was the team's third time winning the Metro Conference Championship.

They went 19-1 in the conference, their only loss being Ottumwa.

There were ten players who earned some sort of All-Conference honor. Including six players from the first team, two players from the second team and two players who made Honorable Mention.

"I thought it was great how our team really came out on top when nobody thought we could do it," said freshman **Ashley Prettyman**, who also made first-team All-Conference. Not just the players made All-Conference honors. Head

Coach **Bob Ligouri** also won the Coach of the Year award.

"Receiving the two Coach of the Year awards was a reflection of the great effort of all of our coaches and players. I really don't see them as awards for me, but rather recognition of the hard work that everyone in our program made to our team.

The awards made me happy in that they meant that someone outside of our community recognized their great accomplishments," said Ligouri.

The team soon ended their season, losing to Des Moines Lincoln in the sub-state regional game, 2-0.

"The worst part of it was that we had already beaten them four times during the season. Why did it have to be that game?" said junior **Miranda Henderson**.

Even though the season ended short, some of the players were awarded All-District and All-State recognition.

"Even though we didn't make it to state, I thought it was great that some players still made All-State and All-District honors. It showed that we had worked hard and that we deserved to be there," said graduate **Jennifer Radley**.

Throughout the whole year the team had a great time bonding and playing on and off the field.

"We really got to know each other and we worked better as a team. We had a wonderful time off the field as well with a lot of get-togethers and I think that helped us learn more about each other while having fun," said sophomore **Caitlyn Carmichael**.

Being denied state doesn't mean they will stop trying.

"We might not have been the biggest or the best team around this year but there is always next year," said Henderson.



Kim Robinson stands determined to stop every ball that comes her way. She was the starting shortstop and worked herself all the way to a First Team All-Conference selection.

"The best part of this year was just having fun and getting to know the team better."
- Freshman
Sarah Sinopoli



what did you think was the best part of this year?



"I think the best part of this year was having TP-ing wars with the seniors."
- Sophomore
Taylor Warren



Amanda Enochs, Jennifer Radley and **Jennifer McDaniel** led the team as the three seniors. They have all gone on to play college softball and to follow their dreams.

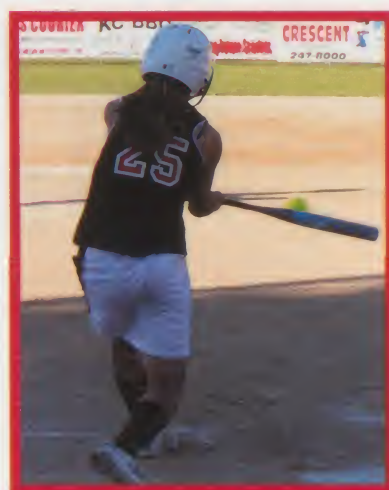


endurance
agility
speed
confidence



Season Statistics

| | | |
|-----|-------------------|-----------|
| W-W | Ankeny | 7-0, 10-0 |
| W-W | North | 2-0, 5-0 |
| W-W | Ottumwa | 3-2, 11-0 |
| W | Iowa City Regina | 5-0 |
| W | C.R. Kennedy | 4-0 |
| W | Boone | 8-0 |
| W | Albia | 6-1 |
| W-W | Lincoln | 4-2, 8-4 |
| W | Newton | 8-0 |
| W-W | Hoover | 3-0, 5-0 |
| W | ADM | 2-1 |
| W | Iowa City High | 5-0 |
| W | Wapello | 11-0 |
| W | Clear Creek Amana | 2-1 |
| W-W | Roosevelt | 5-0, 5-0 |
| W | Dowling | 3-0 |
| L | ADM | 1-3 |
| W | C.R. Kennedy | 7-0 |
| W | Pleasantville | 11-1 |
| W-L | Ottumwa | 4-0, 0-8 |
| W | Dowling | 2-0 |
| W-W | Lincoln | 4-0, 3-1 |
| W-W | Hoover | 4-1, 5-1 |
| W-W | North | 2-0, 3-2 |
| W-W | Roosevelt | 6-0, 5-0 |
| W | Norwalk | 2-1 |
| W | North Butler | 9-1 |
| W | Woodbury Central | 1-0 |
| W | Council Bluffs AL | 8-0 |
| L | Carlisle | 0-1 |
| W-W | SE Polk | 3-0, 6-2 |
| W | Ames | 7-0 |
| W | Indianola | 6-0 |
| W | Newton | 14-0 |
| W-W | Marshalltown | 3-0, 5-0 |
| L | Lincoln | 0-2 |



From the top, Jennifer Radley, Missy Ulmer, Ashley Prettyman and Mattie Sellers work to their best potential, helping the team to be as good as they can be.

Varsity Softball

029

you got served!

Story/Layout by: Amy Parker

"Putting a lot of effort in practice and having a passion for the sport is worth it because at the end of the game, you know you did your best," said freshman **Tera Rhoades**.

The freshman team learned how to critique their skills and how to work together and were proud of it, like Rhoades.

"It was fun playing on the freshman team. I learned how to spike better and how working with a team can help you win games other than arguing and bickering, which allows your team to get nothing done," said freshman **Kacie Young**.

Winning against a good team wasn't the highlight of their season; it was having the love for the game.

"Playing volleyball, working hard, having fun, and also having a good season was good for us. Even though we didn't win many games but we still had fun with it," said Rhoades.

Even though the freshmen didn't achieve the goal they were hoping for, they still worked hard and made an effort.

"I'm very proud of the girls on this team. I have never seen a bunch of girls work harder at something like this and to make an effort to try to win like these girls did," said Coach **Beth Widlund**.

The JV team started their season a little rough, but with some practice and teamwork, they ended the season with satisfaction.

"At the beginning of the season, we didn't work very well as a team, but after we got to know each other, we did really well and started winning more games," said sophomore **Misty Black**.

Out of all of the games JV played, beating Dowling was the game they will never forget.

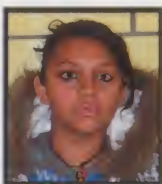
"It was exciting because everyone worked together as a team like we should and it showed us how good we actually are when we really want something like this," said junior **Joanna Peters**.

The girls on JV showed what a team should be like, keeping each others heads up, being there for one another, and getting help from each other on or off the court.

"Our team was really close. It was a blast getting to know everyone. If you were doing something wrong, you could always go to someone for help. When my grandpa passed away, everyone was there and helped me through it," said Peters.

"Being able to hangout with everyone while doing something we all love to do. Some of us don't talk when the season's over but when the season starts back up, everyone's back together."

-Sophomore **Julia Cancino**



what was the best part of the season for the team?



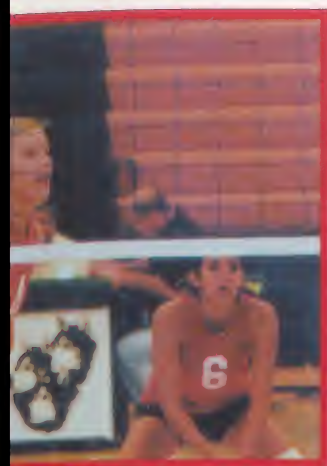
"At the beginning of the season, we all didn't get along and at the end, we did. We acted like one big happy family and there were no problems. We joked and hung out a lot."

-Sophomore **Ashlyn Robinson**



uniors **Ashley Dameron**, **Jody Borton** and sophomore **Black** have a little fun while on the court. This was one of the ways they bonded together as a team.





a t far left, sophomore **Sam Johnson** gets ready to block the ball while sophomores **Kate Hurley** and **Karen Perez** back her up. At left, **Black** bumps the ball to get it over the net for the point.



Season Statistics

| JV | | | 9 | | |
|----|-----------------|-------------------|---|-------------|------------------|
| L | Waukee | 17-25,12-25,10-25 | L | Waukee | 9-25,13-25 |
| L | Fort Dodge | 18-25,17-25,17-25 | L | Fort Dodge | 10-25,19-25 |
| L | Urbandale | 11-25,9-25,10-25 | L | Waukee | 6-21,5-21 |
| W | North | 25-9,25-22,24-21 | L | Winterset | 11-21,10-21 |
| L | Norwalk | 11-21,8-21 | L | Ankeny | 3-21,3-21 |
| L | Urbandale | 15-21,14-21 | L | Urbandale | 10-25,7-25 |
| L | Valley | 5-21,21-23 | L | Newton | 6-21,9-21 |
| L | Ankeny | 6-21,9-21 | L | Norwalk | 8-21,18-21 |
| L | Ottumwa | 16-25,22-25,14-25 | L | ADM | 5-21,22-24 |
| W | Lincoln | 25-20,25-22 | L | Johnston | 5-21,5-21 |
| L | Webster City | 7-21,11-21 | W | North | 25-12,25-10 |
| L | S.E.P. | 6-21,15-21 | L | Ankeny A | 7-21,10-21 |
| L | Ames | 9-21,9-21 | L | Dowling B | 19-21,11-21 |
| L | Indianola | 15-25,21-25 | L | Oskaloosa | 9-21,11-21 |
| L | Mason City | 14-21,17-21 | W | Ames B | 21-13,22-20 |
| W | Dowling | 21-17,8-21,4-15 | L | Norwalk | 12-21,20-22 |
| L | Valley | 12-21,6-21 | L | Ottumwa | 10-25,10-25 |
| L | Fort Dodge | 15-21,4-21 | W | Lincoln | 25-22,25-18 |
| L | Dowling | 5-21,10-21 | L | Dowling | 10-21,2-21 |
| W | Hoover | 25-17,25-20,16-25 | L | Ankeny | 6-21,4-21 |
| L | Webster City | 13-21,17-21 | L | Clarion | 14-21,11-21 |
| L | Valley | 12-21,19-21 | L | Cedar Falls | 18-21,11-21 |
| L | Marshalltown | 8-21,9-21 | L | Clarion | 16-21,11-21 |
| L | Roosevelt | 9-25,14-25,22-25 | W | Hoover | 25-15,22-25,15-6 |
| W | North | 25-8,25-2 | W | Lincoln | 21-15,21-19 |
| L | Lincoln | 26-28,11-15,25-17 | L | Newton | 15-21,12-21 |
| W | GV Park Baptist | 25-21,25-17 | W | Indianola | 21-16,21-16,15-9 |
| L | Indianola | 15-25,13-15,25-19 | L | Ottumwa | 5-21,13-21 |
| | | | L | S.E.P. | 20-25,24-26 |
| | | | L | Roosevelt | 21-25,23-25 |

strength ability focus
 persistence determination
 patience self control

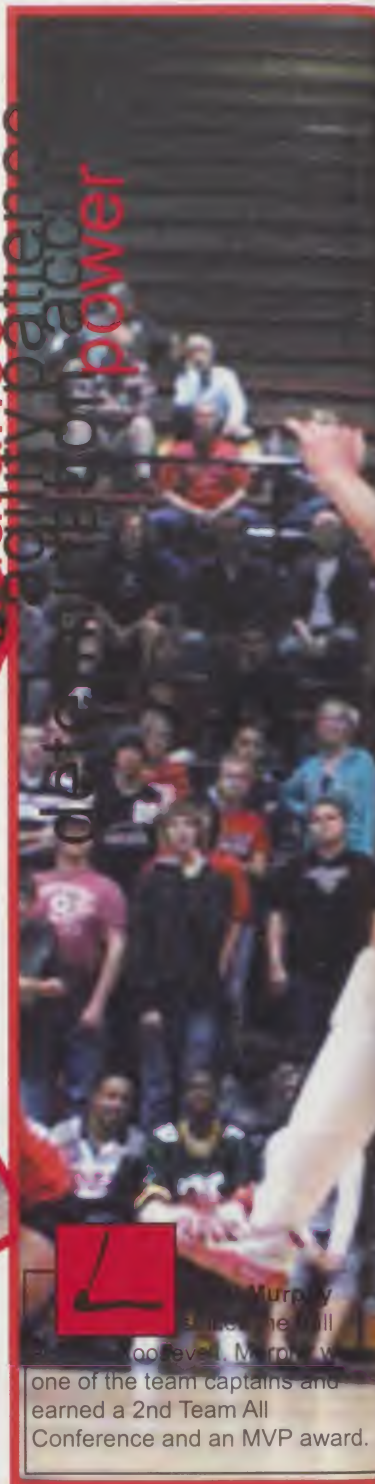
9/jv volleyball

Season Statistics

| | | |
|---|-----------------|----------------------------|
| L | Waukee | 12-25, 12-25, 14-25 |
| L | Ames | 16-21, 7-21 |
| L | Ft. Dodge | 8-21, 13-21 |
| L | Boone | 13-21, 12-21 |
| L | Ft. Dodge | 10-25, 21-25, 13-25 |
| L | Valley | 15-21, 17-21 |
| L | Ottumwa | 20-21, 12-21 |
| L | Indianola | 3-21, 12-21 |
| L | Urbandale | 11-21, 14-21 |
| L | Urbandale | 15-25, 17-25, 7-25 |
| W | North | 25-10, 25-20, 25-13 |
| L | Dowling | 16-21, 17-21 |
| L | Marshalltown | 7-21, 4-21 |
| L | Dike | 10-21, 7-21 |
| L | C.R. Washington | 24-26, 16-25 |
| L | Ottumwa | 6-25, 9-25, 16-25 |
| L | Valley | 6-21, 10-21 |
| L | S.C. Heelan | 3-21, 6-21 |
| L | Urbandale | 11-21, 16-21 |
| L | Spencer | 13-25, 15-25 |
| W | Lincoln | 25-18, 25-22, 22-25, 25-17 |
| W | Hoover | 25-21, 25-18, 25-14 |
| L | Dowling | 14-21, 11-21 |
| W | North | 21-13, 21-12 |
| L | Waukee | 8-21, 9-21 |
| L | Jeff. Scranton | 21-25, 14-25 |
| L | Roosevelt | 12-25, 19-25, 16-25 |
| W | North | 25-10, 25-19, 21-25, 25-22 |
| L | Johnston | 8-25, 11-25, 9-25 |



everyone on the team made a great contribution this season, as shown by the scenes at right. They all worked together, had fun and that's all that matters.

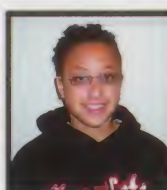


endurance
patience
power

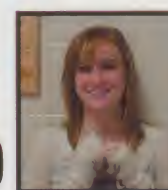


Murphy is one of the team captains and earned a 2nd Team All Conference and an MVP award.

The best part was just hanging out with the team. We had a lot of interesting conversations!
- junior **Ashley Dameron**



what did you think was the best part of this year?



I thought the highlight of the year was the lock in. We had a ton of fun just doing crazy stuff.
- sophomore **Kayla Wisnousky**

winning isn't everything

Story/Layout by: Kylie Vry

Throughout your life you have probably heard that winning isn't everything, and that's exactly what the varsity volleyball team thinks. "I thought we did a good job this year growing as a team, we could've worked harder and maybe won a few more games, but you know there is

always next year," said junior **Kim Robinson**.

Overall the team went 5-30, and even though they didn't win the conference, or go to state, they still tried their best and that's all you can ask for.

"Of course the season did not turn out as well as I would have liked. We went to almost every match undersized. Our average height is 5'7" as opposed to other teams that have girls around 6' and you really need height in a game like

this, but what we lacked in height, we made up for in hustle," said Head Coach **Terri Fenstermann**.

You would think that the team would have had a lot of conflicts with the way the year turned out, but all of the girls said they got along and talked all the time.

"We really got great all year except at the end we started bickering with other players, but other than that it was fine," said senior **Jennifer Johnson**.

The team lost some good players last year but they said they did a good job replacing the missing.

"We worked really hard the whole off season and during practices to get ready for this year. We had some younger players come up and they did a great job filling in," said junior **Missy Ulmer**.

For the incoming players, it was a little frightening to be up with the big dogs, but they took on the task and did a great job.

"I was really nervous to come up and play with a whole new set of girls but they were fine. They treated us just like the rest of the team," said sophomore **Jade Kreutz**.

The team got together many times for bonding activities. One included a lock-in after a home game in the big gym.

"It was great. We stayed up all night playing volleyball, swimming, eating food and we slept on the hard, cold floor, but it was fun being together," said Johnson. "We just ran around acting stupid since nobody was there and we really didn't care."

All in all, this year was a great year for growing and change.

"This has been a fun group of girls to work with and I am looking forward to next year and all the talented girls we will have returning," said Fenstermann.



Jennifer Johnson, Laurel Murphy, Coach Fenstermann, Makani Scarlett and Heather Kingen smile for the camera during senior night. The seniors were great role models and captains for the younger girls moving up.



Varsity Volleyball

033

making a splash!

Story/Layout by Thomas Young

"ake your mark, GO!" the official yelled as the swimmers leapt off the wall and started their sprints. Junior **Brittany Wilkinson** was one of those swimmers. As she finished, she looked up and saw that she had just gotten her lifetime best and was now on the East top five record board for the 100 yard backstroke. She was just one of the many swimmers this year to have amazing time drops.

"It felt so great to get up on the board finally," said Wilkinson.

Both the girls and the boys swim teams had great seasons but it might be hard to tell that from the scores. The boys finished third in the conference and fifth in the district. They also beat the third place record in the 200 yard freestyle relay.

Junior **Zac Mitchell** qualified for state in the 50 yard freestyle and also received the second place record.

"Qualifying for state is one of the best things about swimming. That, and the feeling you get after a hard race with a really good time drop just makes all the work worth it," said Mitchell.

"Over all, the season was just fun," said junior **Kyle Rowe**.

The girls finished third in conference and eighth in districts. Senior **Alexis Timm** almost made it to state but she finished 25 in the state and only the top 24 go to the state meet.

"It sucked but I got my lifetime best time and I'm on the board too so it wasn't all bad.

I was still disappointed though," said Timm.

Both the girls and the boys had a party before districts. The parents provided food and the kids hung out and had a good time. Then they went and shaved for the next day's meet. The girls went and shaved their bodies all at the party but the boys only shaved their heads at the party and then went home to shave the rest. "I didn't shave my head but after I saw some of the guys and felt how cool it was I wish I had," said sophomore **Grant Voshell**.

"The boys work really hard and are so dedicated; most kids wouldn't get up at 5 a.m. to go to practice in a cold pool. Things like that are why we had such a great season," said head coach **Erin Lowe**.



he boys swim team huddles together trying to pump each other up before the district meet. Districts were held at Roosevelt on February 2.



ophomore **Thomas Young** strokes to the finish of the 200 IM at the Rams Relays. Young finished 2nd in that race and the team finished 2nd as well.

I had a lot of fun just hanging out with all of my friends even when we didn't win.
- Sophomore **Vania Boland**



what did you think about the season?



The season was fun but I would have to say that last year was better. This year we didn't do as many yards so we didn't end as well and it was odd without last year's seniors.
- Sophomore **Evan Timm**



Coach Galvin tries to get out of the pool after being thrown in. The girls' swim team won against Grinnell at home and after their victory, threw the coaches in.



The boys' swim team cheers on senior **Jimmy Edwards** during the 4x 200 IM at the Rams Relays. The boys had fun at this invite, where every event is doubled.

Season Statistics

| Girls | | | Boys | | |
|-------|-------------|--------|------|---------------|--------|
| L | Fort Dodge | 72-98 | L | Johnston | 55-115 |
| L | Johnston | 35-141 | L | Valley | 45-125 |
| W | Grinnell | 89-81 | | Hoover Invit. | 2nd |
| L | Ankeny | 40-120 | L | Ankeny | 50-120 |
| W | North | 118-59 | L | Fort Dodge | 75-95 |
| W | Perry | 119-44 | W | Indianola | 105-63 |
| L | Lincoln | 52-118 | L | Ottumwa | 60-110 |
| L | SE Polk | 65-105 | | Rams Relays | 2nd |
| L | Hoover | 80-90 | W | Hoover-North | 89-81 |
| | Rams Relays | 4th | L | Newton | 31-49 |
| L | Roosevelt | 51-129 | W | Ginnell | 48-40 |
| | Conference | 3rd | L | Roosevelt | 68-102 |
| | Districts | 8th | | Conference | 3rd |
| | | | | Districts | 5th |

State Meet

Zac Mitchell - 20th place in the 50 Freestyle
 Jake Edwards - 18th place in the 200 Freestyle



The girls relax and have fun on one of their many bus rides. The girls had a total of 9 away meets.

boys/girls swimming

Scarlet X-Country

Story/Layout by: Brittany Syvixay

"If you ain't first, you're last." But there are exceptions to every rule, which proves true in this case. The boys' team placed second at the Metro Conference, the highest EHS has placed in this event since the CIML started, at Ewing Park, October 9.

"It was a fun year and we were more successful than I thought we would be. I would have rather gotten first, but second is still the best we've gotten," said junior RJ Harris.

Team captain senior Chris Miller placed sixth at the conference meet. This was the highest East finish since 2000.

Harris finished ninth and first year runner sophomore Learie Jones finished 14th with a time of 19:05. Harris and Miller were tied as the number one runners throughout the season. This was the first time in forty years that Coach Mel Green, Sr. had two number one runners. Miller surpassed the competition and came out on top during the district meet.

Miller's hope for the season was to "make it to the state meet." His goal was accomplished; he was the only runner from East to qualify for the state meet, held in Fort Dodge on October 27. He placed 106th out of 116 qualifiers.

On the other foot, the girls' team had to make some adjustments this season due to new coach Scott Beall, as well as other new additions to the team.

Beall knew he had his work cut out for him; his goal was for the team to improve as much as possible because East was one of the last teams to finish in the conference last year. The girls placed 5th at the Johnston meet.

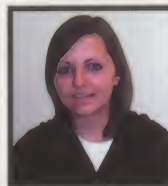
Qualifying for state, top ten finishes, and meeting personal goals... both Scarlet teams had a great season full of accomplishments and improvements.

"At first, I wasn't sure if I was going to like it but then I kept running and Coach Beall turned out to be a cool guy. We can joke around with him and still get things done at the same time."

-Junior
Ariel Jetty



what do you
think about
having a new
coach
this year?



"Beall was sort of thrown into the job, but he was everything a good coach should be. He may have taken it easier on us this year than Frommelt would have, but next year there'll be no mercy."

-Sophomore
Caitlin Schuler

agility patience focus
determination power



he ladies of cross country worked together during the season to become a stronger and faster team.



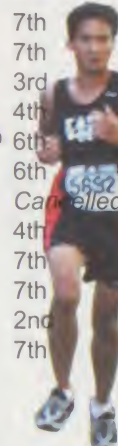
I doesn't matter if it's cold out, we can bundle up because we're still at the state cross country meet," said **Coach Green, Sr.** Miller passes **Kate Snively** of Roosevelt, #546, during the state meet.

We're goin' to the race... we're gonna win first place! At right, senior **Tanner Luft** and **Harris** get their game faces on before a big race at Urbandale. Below, freshman **Kensie Channon** is one of eight hearing-impaired students at East... as well as one of varsity's top runners.



Season Statistics

boys



7th
7th
3rd
4th
6th
6th
Cancelled
4th
7th
7th
2nd
7th

SEP
Urbandale
Hoover
Johnston
Valley
Ames
Newton
Waukee
Ankeny
East
CIML
Districts

girls



11th
11th
6th
5th
9th
8th
Cancelled
6th
7th
7th
6th
10th



Cross Country

freshman statistics

| | | |
|---|--------------|-------|
| L | Waukee | 0-36 |
| L | Marshalltown | 8-28 |
| L | Hoover | 16-28 |
| L | Ankeny | 0-55 |
| W | Roosevelt | 20-14 |
| W | Ottumwa | 32-26 |
| L | Newton | 28-36 |
| L | Lincoln | 20-60 |
| W | North | 38-30 |

sophomore statistics

| | | |
|---|--------------|-------|
| L | Marshalltown | 14-34 |
| L | Marshalltown | 14-39 |
| W | Hoover | 36-27 |
| L | Lincoln | 28-71 |
| W | Ankeny | 6-31 |
| W | Roosevelt | 0-28 |
| W | Ottumwa | 32-26 |
| L | Newton | 32-35 |
| L | North | 14-28 |



ight, freshman captains meet with opponent Marshalltown at the 50 yard line for the coin toss to begin a game. Below, sophomores show their good sportsmanship by shaking hands after the game with rival Waukee.



ar left, freshman coach Tim Walljasper fires up the boys before the next play. Left, freshman quarterback Zach Jones looks for an open teammate in their game against Marshalltown.

tradition
endurance
agility
power
champions
focus

down, set hike

Story/Layout by: Masyn Sayre

Coming to a new school, learning how to deal with split lunch or even finding your way around campus could seem like the unthinkable your first year of high school, but even with all of this the boys of the freshman football team still found a way to practice and learn football skills for first three months of their high school careers.

"The first couple months were pretty tough, but after that everything just started getting easier," said freshman **Connor Kouri**.

Accomplishing many goals throughout the season was something obvious for the freshman team, but the boys made their coaches especially proud by taking the victory over Ottumwa.

"Beating Ottumwa was great, especially since we have not done that great against them historically," said freshman coach **Tim Walljasper**.

Something else that this team will always remember is tying for second place in Conference with Hoover.

"We worked really hard this year, learning a lot of new things in a three month period is a lot to take in, nothing we did was handed to us," said freshman coach **Ken Burgess**.

Many players on the sophomore team was honored this year by being able to dress at the varsity games, even without being able to play many still thought it was a great accomplishment.

"I've always dressed for the varsity games, it will just help me for next year when I'm really on the team," said sophomore **Sean Degoe**.

Watching the varsity players at practice or even at the games helps many under classman on and off the field, but having someone in the family can make it that much better.

"I have an older brother on the varsity team, it really helps that I have someone that knows what I'm going to be doing in two or three years, I feel like I have somebody to look up to," said freshman **Austyn Lewis**.



I loved the fans, the body painters, the parents and everyone else that came to support our team
- Madison Kasper



what was
the best part about
football
this year?



Probably the best thing for me this year was scoring my first touchdown against Ottumwa.
-Blake Wilkerson

9/10 Football

039

passing all expectations!

Story/Layout by: Nick Mongar

The season didn't start out the way that the team had hoped for... two straight losses, a dramatic overtime decision in their home opener with Wauke, and a close offensive battle against Marshalltown.

"Many teams would've stopped after the first two losses," said Head Coach Rick Roberts. "But it just goes to show you that if you keep battling, good things will happen."

Good things did happen. Starting with Hoover, the Scarlets went on to win six of their final seven regular season games. Including a 35-0 shut out at south-city rival Lincoln and a 17-3 victory over Ottumwa, the first time that East has prevailed in 95 years.

"Beating Lincoln just proves that we can beat any team, no matter what the critics say," said junior linebacker Will Chapman. "I think that it really boosted our confidence and our egos and helped to get to where we did."

"It felt good to break the streak of losing to Ottumwa," said senior quarterback Scott Jensen. "No one expected us to do anything like that after how we started the season."

With additional victories over Roosevelt, and North, East swept the Metro Conference, clinching their first conference championship since 1989.

"It was a great feeling, not only to do it for us, but also for the community," said senior cornerback Austin Elder.

"They're always filling up the stands and supporting us anyway they can."

At a record of 6-3 and a conference championship under their belts, the Scarlet guaranteed themselves a playoff berth for the fourth time in six seasons and for the first time since being coached under Roberts.

"We accomplished something that a lot of great teams at East couldn't do," said senior safety Cody Bosley. "It's a great feeling to know that you're one of the best."

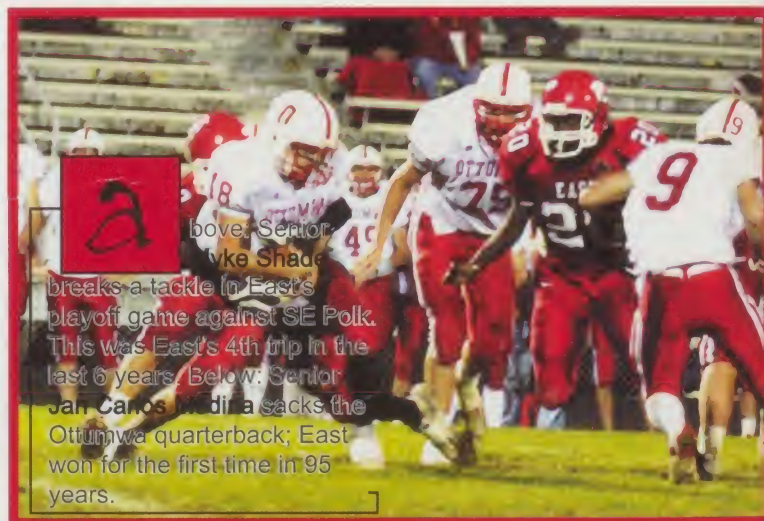
The Scarlets round 1 playoff game was hosted by SE Polk, the winner of the Central Conference title. East posted up dominating numbers both offensively and defensively, but was plagued by four turnovers, three of which were returned for touchdowns.

"We worked the entire year for that game, but sometimes the ball just doesn't roll your way," said senior receiver Tim Bolander. "It was a very disappointing and emotional end to an otherwise great season."

"The team as a group really impressed me," said Roberts. "It's a rare thing in society when someone doesn't

"It was the best feeling that I've ever had. it was with a group of guys who I've grown up with and deserved it."

- Junior **Anthony Cross**



Above: Senior Mike Shade breaks a tackle in East's playoff game against SE Polk. This was East's 4th trip in the last 6 years. Below: Senior Jan Carlos Medina sacks the Ottumwa quarterback; East won for the first time in 95 years.

what do
you think about
winning the
conference
this year?



"We started out 0-3, but battled it out and won the conference championship. I knew that we'd do great things senior year."

-Senior
Justyn Lewis



he players get psyched up for the Homecoming game against Roosevelt. East won 36-6. Below: Waukee quarterback John Peters is brought down in the backfield by a group of Scarlet defenders.

care who gets the credit and they work together so well." East's success came not only from hard work and comradery, but from an explosive offense and a shut down defense, a defense which forced a CIML best 24 turnovers. The offense, one of top in the CIML, averaged 335.8 yards and 27.2 points a game. Jensen had 17 touchdowns passing, and added another 12 on the ground. Junior running back Anthony Cross ran for 769 yards and 3 touchdowns, through the air junior receiver Juan Rincon led the Scarlets with 565 yards and 7 touchdowns.

"If it wasn't for the offensive line, I wouldn't have received this award, it all starts up front," said Rincon.

Fifteen players were awarded All-Conference, the most that a single team is allowed, 10 of which were 1st Team. Roberts also received Metro Coach of the Year, and gained his 100th victory with East's 43-22 win over North, a feat that only a small share of coaches have accomplished.

"We did a lot of good things this year," said Bosley. "I hope that the younger players can use what they've learned this year to get the team back to where we left off."

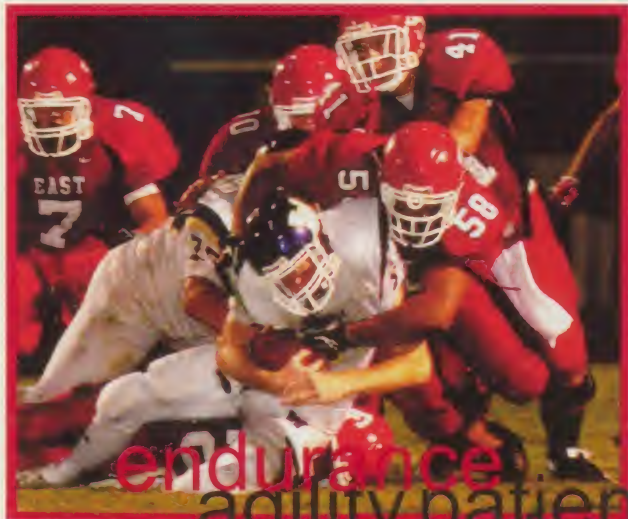
Season Statistics

| | | | | | |
|---|--------------|------------|---|-----------|-------|
| L | Waukee | 30-37 (ot) | W | Roosevelt | 36-6 |
| L | Marshalltown | 27-42 | W | Ottumwa | 17-3 |
| W | Hoover | 20-0 | L | Newton | 48-31 |
| W | Lincoln | 35-0 | W | North | 43-20 |
| W | SC West | 43-20 | L | SE Polk | 0-35 |



elow,
clockwise:
Senior

Austin Elder adds an extra point against Hoover, the Scarlets' first win. Junior **Anthony Cross** runs to the outside for a big gain against Roosevelt. Junior **Juan Rincon** burns a North cornerback. Rincon was East's leading receiver.



endurance
agility
patience
determination
focus
power



Varsity Football

041

hall of fame

Scarlet Pride finds place of honor

story/layout by nick morgan

As one of the longest standing institutions in Iowa, many great athletes and coaches have emerged from East High school, but until this year there was no permanent place to hold their legacy.

February 15th marked the inaugural induction ceremony of the East High Athletic Hall of Fame. The ceremony was held during half time of the boy's final home basketball game. All together thirty-six athletes, including seven current students, and two coaches were honored.

The ceremony included a dinner for the honorees held before the game, and the ceremonial placing of their photos into the Hall of Fame, which is located on the north wall of East's new cafeteria. The wall includes photographs of all the inductees as well as a plaque commemorating the great coaches of East history.

"We have had nothing but positive comments on the display," said Athletics Director **Ric Powell**. "I really think that this set the stage for the future Hall of Fame nights."

The first inductees were selected by a group of former East coaches. The inductees had to have been either first or second-team All-State or have accomplished something athletically great after graduating.

"There are former students that might have not done something amazing while in school, but done something great after graduating. We talked to other schools, and this was something that many didn't include, we felt it was necessary," said Powell.

Among the inductees include current seniors **Tia Mays** (All-State Basketball), **Mykeal Shade** (All-State Football), **Sean Logan** (All-State Baseball), **Scott Jensen** (All-State Baseball), and **Cody Bowers** (All-State Soccer), along with juniors **Kylie Vry** (All-State Softball) and **John Swanson** (All-State Football).

"It was really exciting to be inducted," said Logan. "If you're not working hard and getting better than someone else is, I'm lucky I was the one working hard."

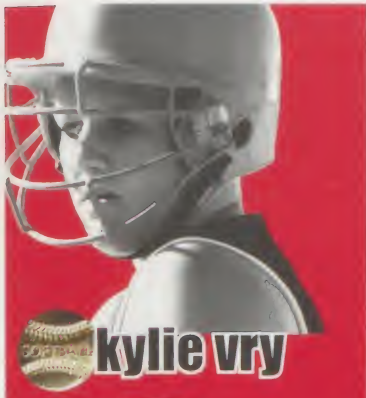
"It is a great honor to be representing East High," said Vry. "It's great knowing that your hard work has paid off."

Also honored were former coaching greats **Mike Augustine** and **Bob Savage**. Augustine led the Scarlets to 14 state championships in track, five cross country state championships, and seven city series football championships. Savage coached football, baseball, and softball for decades and helped to establish East's softball program as a powerhouse.

These are just the first to be inducted and there are many more to be added. East plans on having an induction ceremony twice each year for the next five years to get caught up.

"There are so many qualified alumni that we need to get a hold of," said Powell. "It's going to take years to get caught up, but it's just going to be bigger and better in the years to come."





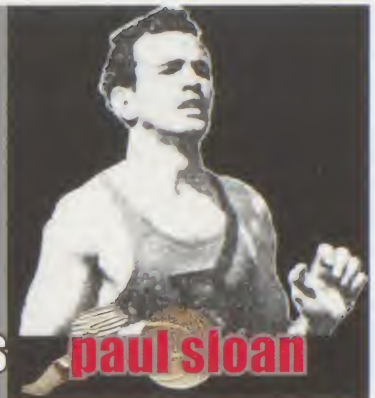
kylie vry



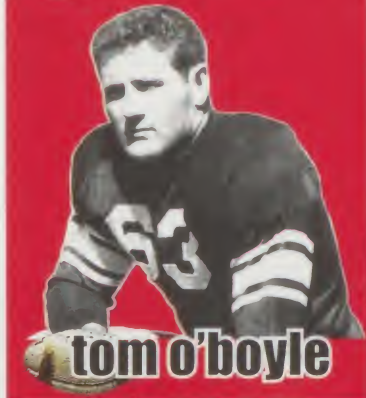
mykeal shade



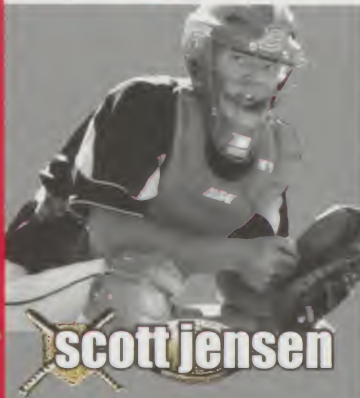
diane reynolds



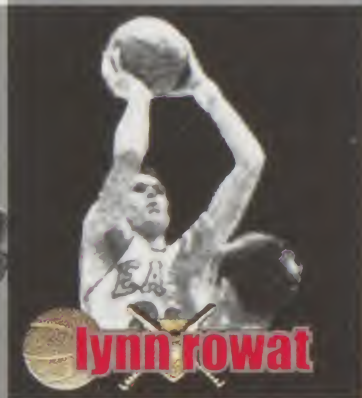
paul sloan



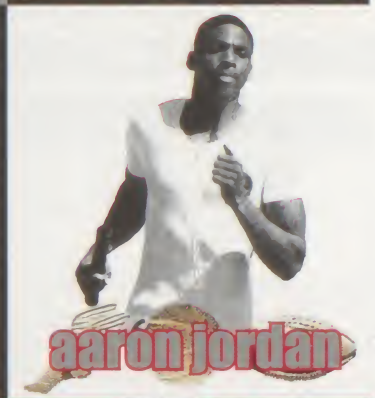
tom o'boyle



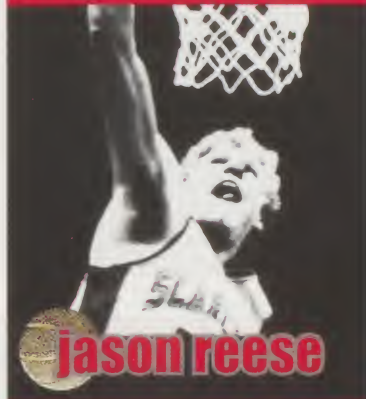
scott jensen



lynn rowat



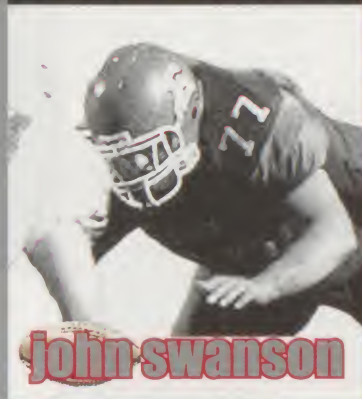
aaron jordan



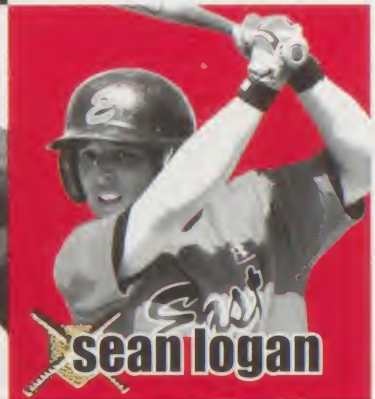
jason reese



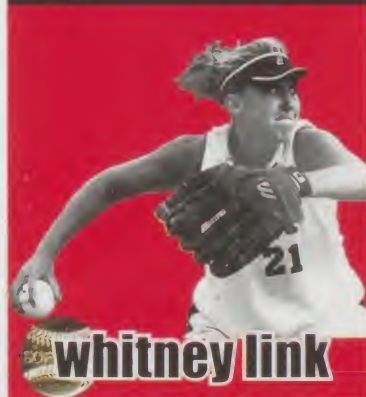
cody bowers



john swanson



sean logan



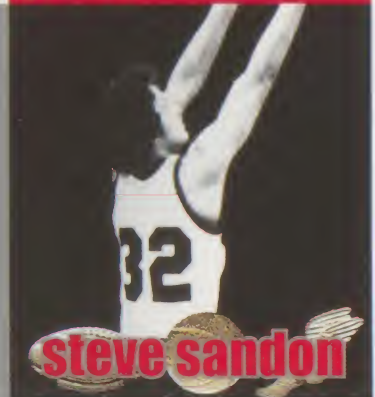
whitney link



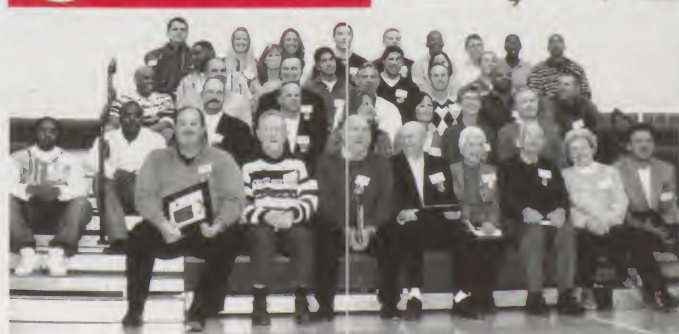
scott helverson



tia mays



steve sandon



(far left) The Hall of Fame display, located on the north wall of the cafeteria currently honors 36 East standouts.
(left) Hall of Fame members pose for a photo shoot after the induction ceremony held in the gym on February 15.

hall of fame

9 season

STATISTICS

| | | | |
|------------|-------|----------------|-------|
| L Johnston | 37-61 | L North | 49-54 |
| L Valley | 31-65 | L Roosevelt | 46-47 |
| L Ames | 34-51 | L Ottumwa | 39-46 |
| L Dowling | 37-86 | L Marshalltown | 46-68 |
| L Ottumwa | 45-50 | W Lincoln | 71-37 |
| L Ankeny | 21-66 | L S.E. Polk | 38-47 |
| W Lincoln | 79-26 | W Hoover | 68-62 |
| L Hoover | 38-62 | L Indianola | 55-76 |
| W North | 69-45 | L Fort Dodge | 48-64 |
| | | L Urbandale | 39-85 |

10 season

STATISTICS

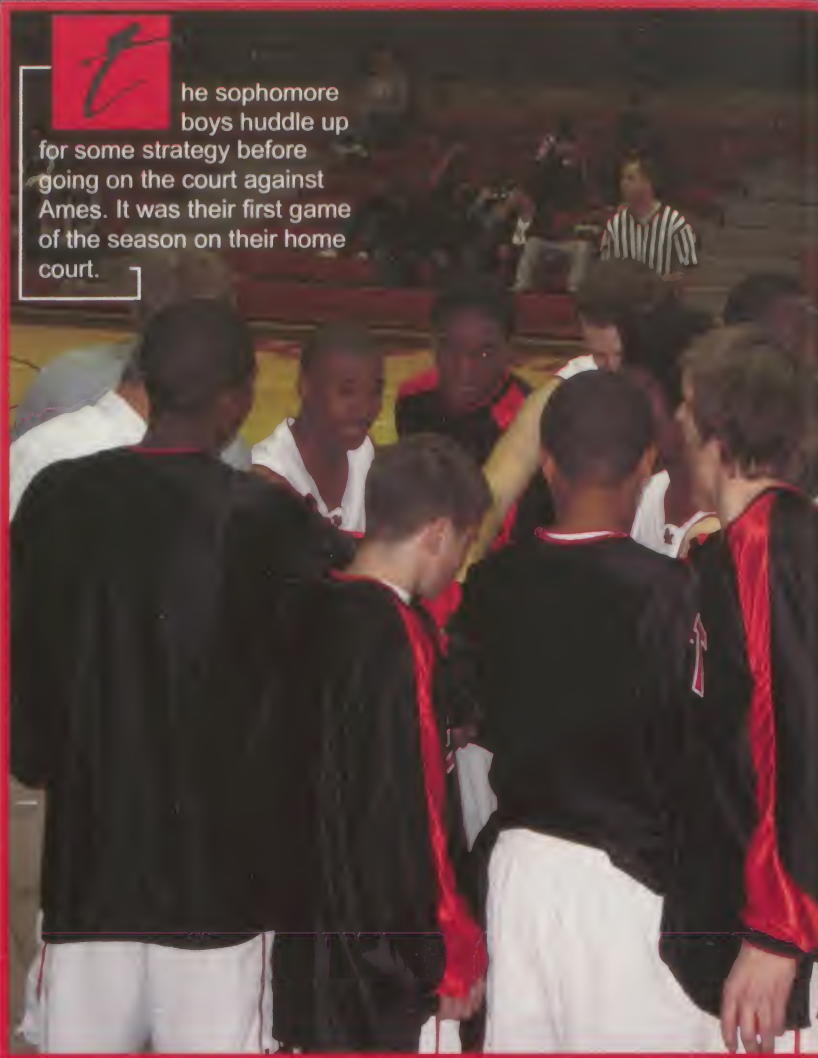
| | | | |
|----------------|-------|----------------|-------|
| L Johnston | 38-62 | L Mason City | 60-62 |
| L Valley | 41-65 | W Ottumwa | 50-40 |
| L Ames | 39-75 | L Dowling | 36-53 |
| L Ankeny | 45-77 | L Marshalltown | 55-71 |
| W North | 88-68 | L Lincoln | 55-79 |
| W Ottumwa | 40-35 | L Hoover | 45-81 |
| L Lincoln | 54-60 | W S.E. Polk | 56-49 |
| L Hoover | 55-67 | L Roosevelt | 37-72 |
| W CB Jefferson | 56-49 | L Indianola | 46-74 |
| W North | 58-42 | L Ft. Dodge | 55-66 |
| L Roosevelt | 35-74 | L Urbandale | 45-68 |



At top, Scarlets get into play as they work to beat the Rams. They played S.E. Polk on February 4 and won 56 to 49.



DeShawn Cason jumps for a rebound to help the Scarlets win, at right.



The sophomore boys huddle up for some strategy before going on the court against Ames. It was their first game of the season on their home court.



make that short

Story/Layout by: Nadia Tyler

What made this year's sophomore and freshmen boys basketball team different from the others? It was Coach **Lowell Long's** first year coaching for boys. He's not new to coaching, just new to boys. Long has been coaching for girls for about 15-16 years.

"I love coaching for the boys. The game goes a lot faster, and they're really good athletes," said Long.

Joining Long this year as assistant coach was **Jamie Fitzgerald**. Many students might remember Fitzgerald as a former student at East. Fitzgerald was quarterback and a basketball player; he graduated in 2005.

Long, Fitzgerald, and the sophomore boys had an interesting year. It has included East beating North, Council Bluffs Jefferson, Southeast Polk, and Ottumwa. Beating Ottumwa, for the sophomores, was a special treat because Ottumwa beat Lincoln and Lincoln beat East. An added bonus, for them, was beating S.E. Polk, one of East's biggest rivals.

"That night, after we played S.E. Polk, we ended up having a karaoke night in the locker room. It was really fun," said sophomore player **Tyler Jensen**.

A three-squad rotation came into use, part way through the year. Parents and fans noticed a lot more teamwork when the rotation was used.

The freshman also had a new "team play" this year. Since freshmen don't get cut, the coaches had to make a team big enough for the 20 students that wanted to play for the team.

That's where the middle school A and B team came into the situation.

"I like having an A and B team, because it gives the opportunity to play more of the kids," said Coach **Carlos James**.

According to freshmen player **Alex VanGundy** it was better then having one team, because everybody had a chance to play, others still did not like it.

"At the end of the day, every team is beatable. Working as a team means winning more games. Not working as a team, you end up getting frustrated at yourself and your teammates, then that causes fighting with each other," said sophomore player **Terrance James**.



energy

agility
patience
determination
focus
ability



I think that this season went well. We worked very well together. At the end we came together as a team, and had fewer arguments.
- Dunlap Hall



how do
you think this
season
went?



I think that this season didn't go as well as it could have gone. Hopefully we'll do better next year.
-Cedric Danilson



Yrae Kemp and **Terrance James** bump chests while getting introduced before the sophomore game, at top left. **Coach James** praises his freshmen and the season at the February 21 basketball banquet, left.

9/10 boys basketball

045

shoot 2 big red!

Story/Layout by: Kate Hurley

The East High Scarlets went all out this season in an effort to turn traditional basketball on its ear. Coach **Andy Howard** faced the dilemma of trying to figure out what to do with a line up full of shooting guards and small forwards.

His solution, don't try to match up with other teams, rather, force them to keep pace. He discarded the traditional tough defense and patient offense mantra for a high energy end to end thirty two minute thrill ride.

Coach Howard used the entire squad in many games this season.

The Scarlets employed a strategy typically used in hockey. Indeed the scorer's table looked like a hockey line change several times a game. Howard substituted early and often.

Playing the entire roster was only part of the plan. Part of the fast paced philosophy was to entice teams to take quick shots outside the flow of their normal offense. After a shot, the Scarlet's would scramble up court and look for an open three point shot.

East was willing to gamble about whether they could put in enough three pointers to match two point baskets with their opponents.

The strategy required discipline and commitment. The Scarlet squad had to be willing to run and press the entire game in hopes of wearing down the other team.

Senior **Cody Bosley** said, "It was fun to watch a team of seven or eight players trying to keep up with us for an entire game."

Like all new offenses, the strategy took a little time to adjust to. But once the team adapted though they put together some impressive scoring runs and played an entertaining style of basketball.

Other teams had trouble with East's new style of play, this season East beat Dowling for only the second time under Coach Howard.

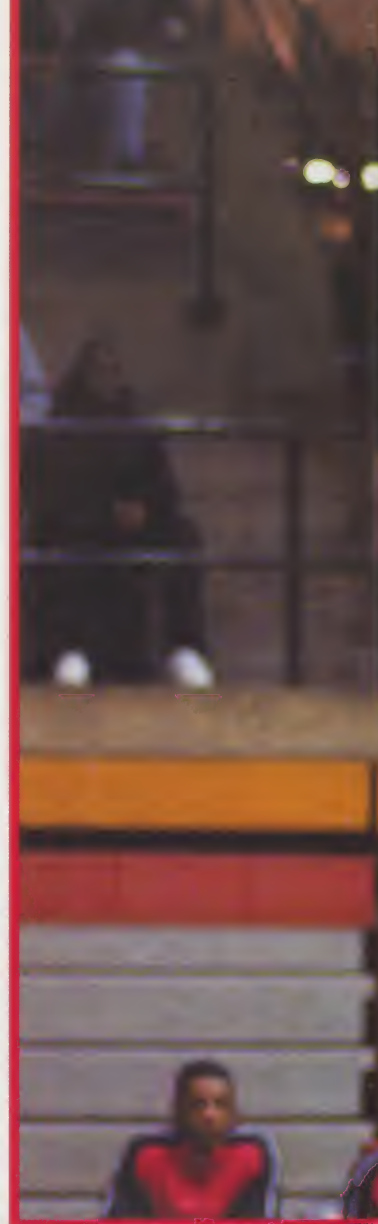
"It was fun because everyone got to play, but in some games we didn't shoot the ball well enough to pressure our opponent," said junior **Jordan Owens**.

Another person who had to adapt was the score keeper.

Coach Howard's team set a record for three pointers in a season, and over the last eight games East averaged 71 points per game. The three point shooting strategy fit in well with leading scorers **Allen VanGundy** and **Tyler Stumme**.

The 2008 Scarlet team's graduating seniors were Bosley, VanGundy, **Joe Jackson**, **Brett Kelsey**, **DeAngelo Hall**, **Jared Weatherall** and **Glen Welch**. Coach Howard expressed high praise for the team, saying "This is one of the nicest group of kids, and it was a fun year."

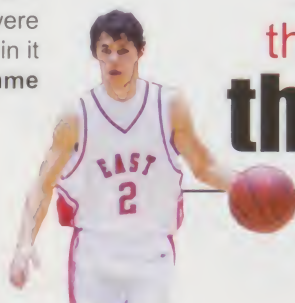
Brett Kelsey, 12, puts the ball up for an easy two points. The team set a Metro Conference record for the highest points per game (PPG) this season with 64.5.



There were mixed feelings about it. I liked it but there were a few glitches in it
-Tyler Stumme

what do
think about
the team's new
strategy
this year?

I thought it was a good experience and it was fun. I hope we run it again next year
-Will Chapman



046

sports



Ilan VanGundy, 12, fights off the other team as he goes in for a lay-up. It was a hard-fought game but Hoover snatched it away in the final quarter by just 8 points.



he team comes together for a last minute huddle before they take the court. They broke the CIML and school record for most 3-pointers in a season with 189.

SEASON

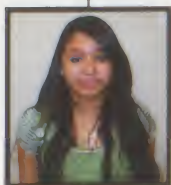
STATISTICS

| | | | | | |
|---|--------------|-------|---|--------------|-----------|
| L | Johnston | 46-52 | L | Ottumwa | 51-52 |
| W | Valley | 65-61 | W | Dowling | 68-59 |
| L | Ames | 54-93 | L | Marshalltown | 58-66 |
| W | North | 65-61 | L | Lincoln | 58-85 |
| W | Ottumwa | 53-35 | L | Hoover | 62-74 |
| L | Ankeny | 66-74 | L | SE Polk | 78-81 |
| L | Lincoln | 37-48 | L | Roosevelt | 81-89 2OT |
| L | Hoover | 53-61 | W | Indianola | 86-77 |
| W | CB Jefferson | 56-42 | W | Fort Dodge | 86-97 |
| L | North | 68-73 | L | Urbandale | 77-93 |
| L | Roosevelt | 44-55 | | Sub State | |
| L | Mason City | 65-66 | L | Ankeny | 78-102 |

athleticism
agility
determination
intelligence
focus
reflexes

varsity boys basketball

047



Well, I think it was pretty great, and it was fun.
-Janet Reaza.

what did you think about the season?



It was way more challenging than 8th grade and was very demanding, but very fun!
-Royonah Marble

season

statistics

Freshmen

| | | | | | |
|---|------------|-------|---|--------------|-------|
| L | Fort Dodge | 63-20 | L | Lincoln | 69-46 |
| L | Urbandale | 52-31 | W | Hoover | 48-41 |
| L | Johnston | 49-26 | W | North | 60-20 |
| L | Valley | 55-38 | L | Roosevelt | 67-16 |
| W | Ames | 43-37 | L | Ottumwa | 53-22 |
| W | North | 52-26 | L | Marshalltown | 42-29 |
| L | Dowling | 62-27 | L | Lincoln | 67-32 |
| L | Ottumwa | 49-31 | W | S.E. Polk | 48-28 |
| L | Ankeny | 44-37 | W | Hoover | 39-30 |
| | | | L | Indianola | 43-17 |

season

statistics

JV

| | | | | | |
|---|------------|-------|---|--------------|-------|
| W | Fort Dodge | 40-31 | W | North | 68-24 |
| W | Urbandale | 45-40 | W | Roosevelt | 51-34 |
| L | Johnston | 36-49 | W | Mason City | 47-40 |
| W | Valley | 50-48 | W | Ottumwa | 60-22 |
| W | Ames | 56-47 | L | Dowling | 26-54 |
| W | North | 60-16 | W | Marshalltown | 65-28 |
| W | Ottumwa | 50-26 | L | Lincoln | 47-52 |
| W | Ankeny | 42-39 | W | Hoover | 46-26 |
| W | Lincoln | 51-42 | L | S.E. Polk | 29-44 |
| L | Hoover | 41-44 | W | Roosevelt | 47-32 |



freshman
Nijay Gains

fight for the ball during a game. Gains also dressed and played a few varsity games.



freshman
Chelcie Scott

sets up the offense during a JV game against Fort Dodge. Scott helped the team to beat the Dodgers, 40-31.



strength
ability
patience
speed
determination
focus

run it down the court

Story/Layout by: Kelsey Summy

The JV girls started off a whole new season this year, with new coaches and all new players. Head coach **Dave Koeppen** and assistant **Natalie Raub** coached the team which consisted of four sophomores and seven freshmen.

The team practiced with the varsity girls everyday, including the early Monday morning practices at 5:30.

"Being a freshman and going into the early morning practices, I thought they were going to be hard, but after the first couple of practices I began to like it more than after-school practice because then after school you go straight home," said freshman **Sharnae Lamar**.

The JV team went on to have a 15-5 record. Coach Koeppen said that it was a good season and the players improved a lot.

"I think the season was a blast, we won games and the team improved a ton over the season and we came together as a team and as friends," said sophomore **Jade Kreutz**.

They had their ups and downs. Ankeny was one of their better games, but Hoover wasn't as good.

Coach Koeppen said they just didn't do a lot of things they wanted to do.

"I think the season went by really fast," said freshman **Liz Bolten**.

"It was a good one and we did a lot of good things as a team."

The freshmen came in this season inexperienced, but they worked hard and got a lot better.

"This year was fun even though we could have won a little bit more. I will say that our team did improve a lot from the season. At the beginning of the season there were people that didn't know what a lay-up was and now we all know what they are and can do them," said freshman **Madi Tedrow**.

Coach **Thana Heller** said they were doing good, but when they came back from winter break they weren't working hard. Practices took place right after school from 3-4:40, except for game days.

"When we were in practice we mostly worked on defense, boxing out, and our shooting form," said Tedrow.

The players had fun getting to know each other and learning together.

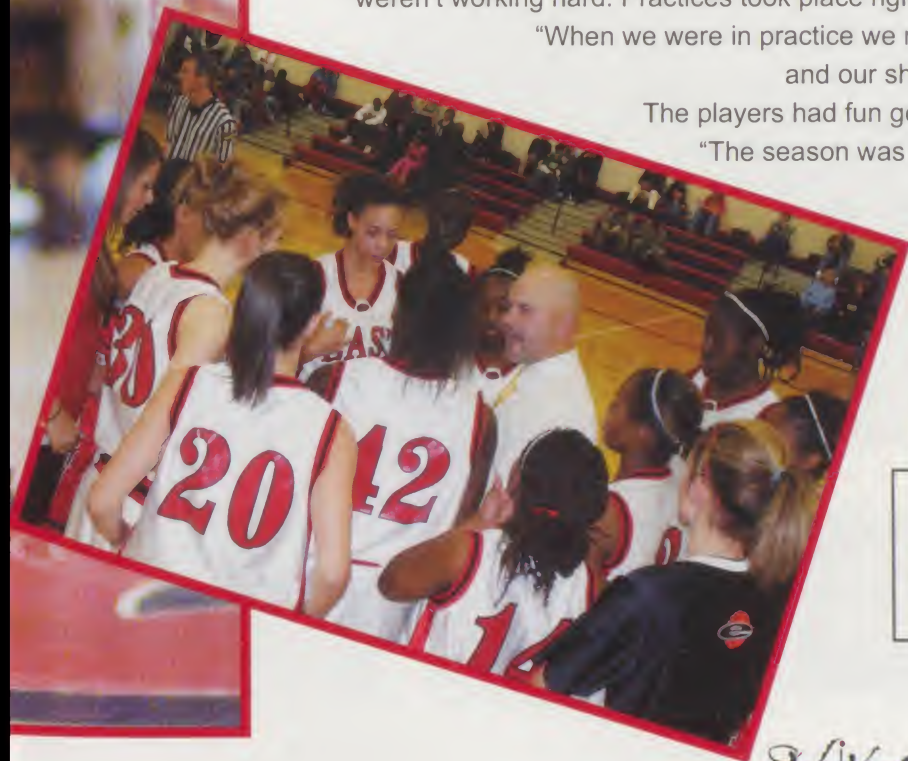
"The season was so fun, playing games and having fun with the team," said freshman **Kensie Channon**.

The freshmen ended their season with a 5-13 record.

"Overall it was a good season, they learned an awful lot, and got a lot better" said Coach Heller.



Coach Koeppen talks to the girls during a timeout. This was Koeppen's first year as head coach for JV.



JV girls basketball

049

ballin' angels

Story/Layout by: Samantha Johnson

every year the girls' varsity basketball team works hard all year round to keep them up on their game. Going into the season the girls were ranked second in the district. At the end of the season the girls were ranked at 9.

"I was very proud of our season," said senior **Kayla Koeppen**. "I think we could have gone a lot farther, though."

The Scarlets will be losing three of their seniors, Koeppen, **Audri Lu** and **Tia Mays**.

"I think losing the seniors will have an effect on us because we are losing two shooters but I think we will do well without them," said freshman **Markisha Wright**.

At the beginning of the season Coach **Sam Powell** moved up four freshmen to play on the varsity team:

Shoronda Butts, **Nijay Gaines**, **Sharnae Lamar** and **Wright**.

"It feels good to be a freshmen starter on varsity, not a lot of people get to do that," said Wright.

Next year, Coach Powell says he is going to add on another coach to help with their success for next season.

"The girls had an amazing season and I think that they will do great next year as well because they are under the direction of good coaches who work hard to develop the girls throughout the summer and the season,"

said team photographer **Judy Johnson**.

Over the summer, the girls had three open gyms a week and on the weekends they had tournaments. They were also put into camps where they worked on the basics of basketball. Once the season came around they had morning practices on Mondays from 5:30 to 7:15. Tuesday through Fridays they practiced after school from 4:30 to 6:30.

"The practices are hard but we had a lot of fun," said Koeppen, "We also got a lot of bonding time which we needed to play like a good team."

Unfortunately, the girls' season ended short at regionals.

"I am very proud to support our girls and I will return to be here for them next year," said fan and parent **Tyra Mays**.



arkeshia Wright, **Skylar Johnson**, **Kayla Koeppen**, **Kalynn Fields**, and **Shelby Smith** were the starting line-up for the East vs. Ankeny game, where the girls lost 35 to 46.



We did a lot of good things. I was disappointed that we didn't get to go to state, but we worked hard and had a good season.
-Kayla Koeppen



**what do
you think about
this year's
season?**



It was a lot of fun. We didn't get the outcome we wanted, but we're going to come back stronger next year.

-Skylar Johnson

050

sports



Shelle Smith dribbles to the inzone against the Ottumwa Bulldogs. The girls won 47 to 26.



Where you from EASTSIDE, where you from, EAST-SIDE?" This chant was heard in the middle of the floor before games to get the team pumped to win.

After the Dowling win, the girls were excited. Later, they had a little party in the locker room to celebrate the big win.



Season

Statistics

| | | | | | |
|---|------------|-------|---|----------------|-------|
| W | Fort Dodge | 65-52 | L | Roosevelt | 44-47 |
| L | Urbandale | 41-47 | W | Ottumwa | 56-40 |
| W | Johnston | 48-39 | W | Mason City | 63-30 |
| L | Valley | 39-43 | W | Dowling Cath. | 53-46 |
| W | Ames | 48-38 | W | Marshalltown | 54-41 |
| W | North | 60-16 | W | Lincoln | 61-51 |
| W | Ottumwa | 47-26 | W | Southeast Polk | 39-30 |
| L | Ankeny | 35-46 | L | Roosevelt | 30-43 |
| W | Lincoln | 55-40 | W | North | 93-13 |
| W | Hoover | 55-38 | L | Ames | 39-45 |
| W | North | 78-20 | | | |

strength, ability, patience
dedication, focus
determination, form

varsity girls basketball

051

keep your back ~~off~~ the mat

Story/Layout by: Jamie Deaton

The wrestling team grappled its way through the year. The Scarlets started out great, winning meets and tournaments, and ended with a proud record.

The varsity wrestlers changed line-ups week after week. We're starting to get some depth to our team. Everyone needed to push themselves to remain a varsity wrestler," said Head Coach **Larry Jackson**.

Districts were held all day on Saturday, February 9. Every school's varsity team was invited to compete.

"The whole team was excited about districts; we all wanted to go to state," said junior **Johnny Wentland**.

They drove all the way to Marshalltown in the cold snowy weather that Saturday.

"Snow wasn't stopping us from going," said Wentland.

East finished 6th in the district meet; many of the wrestlers went through to the semi-finals but lost. Senior **Ethan Kouri** and junior **Johnny Coleman** won all of their matches and went on to wrestle at the state tournament at Wells Fargo Arena February 14-16.

"Ethan lost in the first round but I'm really proud of him for making it all the way to state he has worked really hard and he deserves it," said Jackson.

Coleman won on Thursday and Friday morning, but lost his evening matches because of an injury to his knee.

"I didn't want to just give up after I hurt my knee. I needed to finish," said Coleman.

Coleman finished 6th at state and has made a recovery from his knee injury.

The wrestling action was interrupted by a message from the highway patrol, they announced travel "was not advised."

The comment fell on deaf ears.

"As soon as the announcer started to warn the crowd they all booed, all they wanted was to watch the rest of the matches," said sophomore **Brady Burrows**.

East only sent two wrestlers to state this year after sending five the previous year and is hoping to send more next year. Coleman has a good shot at making it to state again next year, while Jackson is looking forward to having a state championship.

"Districts really showcased the year, we did well for the most part and I can't wait for next year," said Jackson.

"My season was pretty short because of my injury but I stuck with it and I'll be back next year."

- Junior **Kelly Fetters**



what did you think about the wrestling season this year?



"I was really happy with the season and I'm glad we made it to state again this year."

- Junior **Johnny Wentland**



East students pose for a picture during the state tournament. The Scarlet section's noise filled Wells Fargo as senior **Ethan Kouri** and junior **Johnny Coleman** competed for state titles.



052

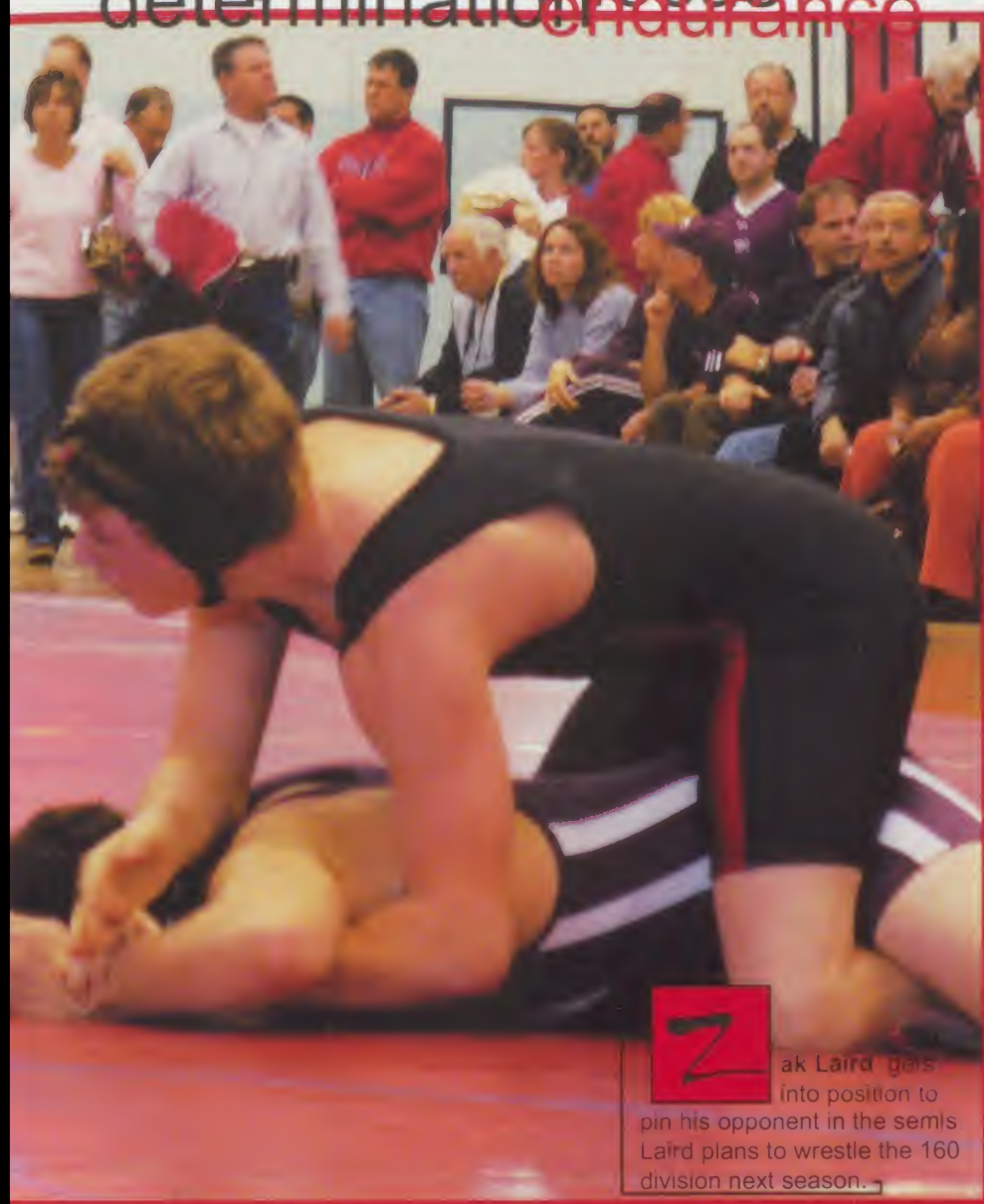
sports

heart
strength agility patience
determination focus
endurance

Season

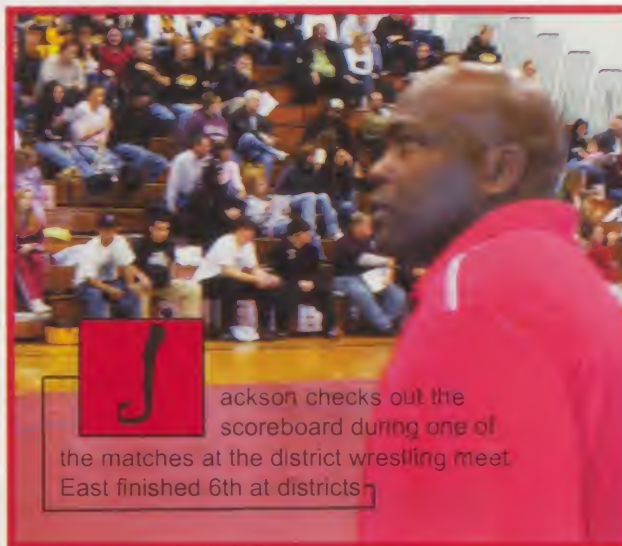
Statistics

| | | |
|-----|-------------------|------|
| L | Johnston | 48-0 |
| L | WDM Valley | 48-0 |
| | Saydel Tournament | 1st |
| W | Ames | 48-0 |
| | SEP Tournament | 4th |
| L/L | Roosevelt/SEP | 48-0 |
| | Roosevelt Duals | 5th |
| W | Ottumwa | 48-0 |
| W | Chariton | 48-0 |
| L | Norwalk | 48-0 |
| W | DSM Lincoln | 48-0 |
| | Ames Tournament | 4th |
| | CIML Tournament | 9th |
| | Districts | 6th |
| | State | 38th |



Z

ak Laird gets into position to pin his opponent in the semis. Laird plans to wrestle the 160 division next season.



J

ackson checks out the scoreboard during one of the matches at the district wrestling meet. East finished 6th at districts.



S

enior
Cody

Price wrestles hard to earn a place at state but loses his semi-final match. Price has lettered all four years of his high school wrestling career.

wrestling

053



he team poses for a picture at their annual end-of-the-year party. Afterwards, they continued their bowling rounds and ate pizza.



enior **Abby Meysenburg** dominates the lane. She finished with a strike.



enior **David Sappenfield** rolls his ball down the lane at the bowling party. This roll put his pretend team ahead and one shot closer to victory.

Season

Statistics

| | | | |
|-------------------|-------|-------------------|-------------|
| Sean Hergenrader | 215.7 | Jessica Smith | 147.7 (adv) |
| Jordan Gillaspay | 201.4 | Charlene Woolson | 146.4 |
| David Sappenfield | 197.6 | Sierra Gearhart | 145.8 |
| Jake Belcher | 185.8 | Abby Meysenburg | 145.3 |
| Matt Reimer | 184.2 | Devan Stuve | 139 |
| Jordan Burg | 181.2 | Samantha Roth | 125.3 |
| Antonio Nizzi | 179.7 | Jessica Kilby | 116.8 |
| Logan Davis | 178.8 | Sammy Jones | 115 |
| Colten Harvey | 169.9 | Amanda Roth | 104.8 |
| Daniel Lloyd | 169.1 | Ashley Schumacher | 101.2 |
| Keysey Walker | 156.1 | Connie Schilling | 99.2 |
| Jorntia Skipper | 151.6 | | |

Yeah! It was so much fun. We got pizza and I love to bowl and we got to do a lot of that.
-Sophomore **Ashley Schumacher**



will you
be trying out
the team
next year



knock em' down!

Story/Layout by: Layla Schwartztrauber

Junior **Colton Harvey** walks up to the lane and rolls his ball down. Strike.

"Successful" he says to himself.

Harvey and 9 other boys and 13 girls were split up into varsity and junior varsity. Tryouts were held on a Tuesday and Thursday in late November. Coaches **Doug Davis** and **Johnny Carr** judged the kids from the day that their average was best.

The boys and girls teams averaged this year from 215.7 to 99.2. Last years varsity girls and boys had the top 5 averages.

"The best I bowled this year was a 257 and I was pretty impressed with myself since my average is about 178," said freshman **Logan Davis**.

Senior **David Sappenfield** was a member of the varsity team which only lost 2 games this season and had the third highest average.

"I'm going to miss bowling for East a lot but I am going to bowl at Iowa State next year. Not a lot of colleges offer bowling so I'm glad I got into one that does," said Sappenfield.

Practices were at AMF Bowling on E 14 St and were generally for about an hour and a half to two hours. practices were occasionally held at the bowling alley where the meet would be the next day that way the players could get a feel for what the lanes were like.

Sophomore **Connie Schillinger** said, "Practices were tough but fun, you wouldn't be able to get good by just slacking off all of the time so we worked hard, everyone wants to be on varsity but not everyone is that skilled."

Schillinger said that her favorite thing to practice was the one-two-step even though she felt sort of "stupid" doing it at first time but it eventually became second nature.

Many of the players said that there is no doubt that they will be trying out for the team next year.

Both coaches spend a long time trying to recruit people to try out promising to show them a "fun time."

"My favorite part of bowling is being with all of my friends and just having fun with everyone on the team," said Schillinger.



Junior **Jake Belcher** rolls his ball practicing perfect form. He got 3 pins down with that first roll and the rest down his second.



Yes, I will be trying out. My family is really into it so they can help me and I still have a lot of learning to do."

-Sophomore **Devan Stuve**

bowling

055



bove, sopho-
more **Va Vang**
runs to get the ball from
opposing team Johnston.
Vang played as the starting
forward for the C-team.



oover fights
back as senior
Justin Duckworth kicks
the ball to teammates. East
played against Des Moines
Hoover two times with both
games ending in a loss.

endurance
agilitypatience
determinationfocus
power

Season

Statistics

| JV | | | C-team | | |
|----|-----------|-----|--------|-----------|------|
| W | Albia | 3-1 | L | ADM | 0-4 |
| W | ADM | 1-0 | L | Hoover | 1-3 |
| L | Hoover | 0-2 | L | Waukee | 0-1 |
| L | Waukee | 0-2 | L | Urbandale | 0-6 |
| L | Urbandale | 0-5 | L | Johnston | 0-11 |
| W | North | 4-0 | L | Valley | 0-7 |
| L | Johnston | 0-8 | L | Lincoln | 1-2 |
| L | Valley | 1-4 | L | Ames | 0-3 |
| L | Lincoln | 1-2 | L | Hoover | 1-5 |
| T | Ames | 1-1 | L | Roosevelt | 0-3 |
| L | Hoover | 3-4 | | | |
| L | Roosevelt | 1-2 | | | |
| L | Ottumwa | 1-2 | | | |
| W | Ft. Dodge | 3-1 | | | |



"I lift in strength
and conditioning
class and after
school, and kick
the ball around."

-Junior **Ryan
Cam**



what do
you do to
keep in shape
off
season?



"I try to work
out as much
as I can, as
well as run-
ning as much
as I can."

-Junior **Travis
Williams**

kickin' it to the goal

Story/Layout by: Mario M-Figueroa

very practice is learning experience and competition is a must, but making progress is more important for the JV and C team soccer players. Both teams are still growing in skill tactically and technically before making it to the more competitive Varsity team. Last year, although both teams had heart-breaking experiences, most of the members stayed on their game.

There were still over 16 players that did not finish the season. Each person had their own reason for not finishing, but most players had problems with playing time.

"Some of the things that happen on the team are unavoidable," said head coach **Derek Lounsberry**. "Playing time is one thing that was an obvious problem for many players."

This season only 18 players will dress for each game. Not everyone will dress out, and only those 18 players will be guaranteed playing time.

"It is smart to do this. This way maybe other people will get to play in different games and won't be left out, but if I had to change something I would lower it to 16 players per game of course for more play time in each game for every player," said sophomore **Josh Torres**.

As a team, everyone in the JV proved their dedication by finishing their season in a 3-1 win against Fort Dodge. Next year it will be important for juniors to take an even bigger role in the team and make the best of the season.

"The JV team will have a greater responsibility than last year to become better, juniors will have to work harder to reach their goals," said junior **Adrian Hernandez**.

In the upcoming season a fourth coach will be working along with the three coaches already guiding the team. The new coach will be working with mainly the C team, this way half of the players in the C team will work with one coach and the other half will work with another.

"I think that having a fourth coach would help the team in terms of learning different styles the coaches teach, and in some cases, if the team is big it would help to split them in two so each individual player would understand tactics and technical things easier,"

said sophomore **Minh Phan**.

During most games, all 11 players have to work hard the whole time they are on the field, but that wasn't always the case with the C team. This was a

common problem for the team as a whole.

"It is hard to keep up with a game when more than half of your team gives up, if we expect to win than we will expect hard work from each individual player,"

said sophomore **Martin Rodriguez**.

Both teams focus on technical and tactical improvements. Technical improvements are things like making a pass and using the inside of the foot. Tactical improvements are includes when to make the pass and what man do you mark. During the off-season, players can sign up for 3 different clubs Lounsberry organizes indoor teams at both the Soccer House and Futsal.

"It is good for the team to practice skills out of season, to keep in touch with them and to learn even more for the next season," said senior **Luis Mata**.



o the far left, members of the C team sit waiting for their turn to play. Many players don't have the chance to play as much as others. At middle left, junior **Omar Patino** waits to pass the ball to teammates. Unfortunately, the game ended in a 0-7 loss to the Johnston Dragons. At near left, JV players fight to keep the ball. "This type of game is where practicing pays off," said Lounsberry.

iv/c boys' soccer

057



Starting line up in substate competition. Valadez number 19 set the record for most individual goals in a season by making 13 goals.

gettin' a kick out of life

Story/Layout by: Mario M-Figueroa

Every year the soccer team graduates seniors, leaving an experience hole. The soccer team has to rebuild and this year was one of the most improved seasons for the East soccer team. As part of their accomplishments the team reached many new records and honors. Among them is senior **Cody Bowers'** achievement as the first player in East soccer history to be named 1st Team All-State.

"I am proud of the soccer team, I believe we work hard and have a standard for behavior and expectations that need to be met," said **Head Coach Derek Lounsberry**. "Players know what they are and if they don't follow that, I let them know that."

Other players that received honors were alums **Aaron DeGoe** and **Orlando Valadez**. DeGoe was named 1st Team All-Conference and was also selected to play in the East vs. West senior game. Valadez was 2nd Team All-Conference.

"I believe I give credit to the whole group. A team is a team, and even though we received honors, we would not have accomplished anything without everyone," said Bowers.

Although the boys only tied the record for most wins in a season, they set the record for most goals scored in a season. Many players felt like they were encouraged by the core of fans that made every game rain, shine, sleet or snow. Fans gave players an extra boost when they heard what was coming from the sidelines.

"There is nothing better than to hear eastside students, dads, moms, sisters, brothers or whoever come cheer us up, yell out for East," said senior **Jesus San Elias**. "It just makes you go out there and give it your best."

In the spring as the soccer team rebuilds for next season, it's all up to the new team. Next season will include players Bowers and San Elias back for their senior season, **Matt Manyong** back for his 3rd year starting, and **Guadalupe Rodriguez** back from an injury that ended his last season early. They are more determined to improve both as a team and individuals.

"I expect players to set high expectations for themselves. Honors come with effort and hard work. So if those things are put in there, then honors will follow next season," said Lounsberry.

Below Alex Luna fights to steal the ball from school rival Roosevelt. The game was one of the hardest the team played and they gave their best.



058

sports

"Hard work and determination. If the player wants it bad enough they need to work for it."
-Senior **Dalton Price**



what do
you think makes a
first class soccer
player?



"Good attitude and discipline. Never give up even in the worst situation."
- Junior **Jesus Rodriguez**



he team sits down during substate while Lounsberry discusses the game. The team tied the record for most wins in a season at 5 wins, and set the record for most team goals scored in a season at 31 goals.



lum Degoe practices with a teammate before substate. Degoe was 1st Team All-Conference unanimous selection, and was selected to play in the EAST vs. WEST senior game.



endurance
agility patience
determination focus
power



SEASON

STATISTICS

| | | | | | |
|---|------------------|-----|---|-----------|-----|
| W | Albia | 6-1 | L | Valley | 0-9 |
| W | ADM | 3-1 | L | Lincoln | 2-3 |
| L | Waukee | 2-7 | L | Ames | 0-2 |
| W | DM Christian | 5-2 | L | Hoover | 1-3 |
| L | Bondurant-Farrar | 7-8 | L | Roosevelt | 0-3 |
| L | Urbandale | 2-6 | W | Ottumwa | 4-2 |
| W | North | 4-1 | L | Ft. Dodge | 1-4 |
| L | Johnston | 1-4 | L | Urbandale | 1-2 |



o the left, Bowers fights along with team mates. Bowers set the record for most individual assists in a season by making 10 assists. He also was the first player in East High's soccer history to be named First Team All-state.

varsity boys' soccer



he JV team groups together for a huddle before their game against Bondurant at right. Below, sophomores **Claire Diver** and **Kayla Wisnousky** dribble to the goal. They were of three freshmen who played varsity.



fans
strength
prepare
leadership
passion

Season Statistics

Varsity

| | | |
|---|------------|------|
| L | Urbandale | 0-3 |
| W | ADM | 2-1 |
| L | SEPolk | 1-5 |
| L | Ottumwa | 2-3 |
| W | Lincoln | 2-1 |
| L | Ames | 0-10 |
| W | Hoover | 3-1 |
| L | Roosevelt | 1-6 |
| L | Bondurant | 1-3 |
| W | North | 1-0 |
| L | Fort Dodge | |
| L | Waukee | |



efore each game, the team stretches and prepares to play. Coach Bentley chose new captains for each game and players could move from JV to varsity and visa versa each time.

all the old changes

Story/Layout by: Emma Diver

For the third time in the past four years EHS girls soccer started the season with a whole new set of coaches, but despite the inconsistency, injuries, and major upsets, the team had their biggest turnout ever and went on to be one game away from being tied for district champions.

"I was excited because it's a change and we get to experience a different coaching style," said junior **Brittany Wilkinson**.

In his first year coaching, newbie **Ried Bentley** said players weren't the only ones who had to learn and adjust.

"I really learned to manage my time a bit better and what qualities to look for in a player. It doesn't always have to be the best athletes to make the best teams," said Bentley. Wins like the one over district champions Hoover however, showed that by the middle of the season the team was starting to come together.

"I was especially proud of our Lincoln and Hoover games. We came back to beat Lincoln and we beat a ranked team at the time, Hoover. I really think that we can play that well every game and become a state bound team," said Bentley. Losing several talented seniors, but hoping to keep the same coach, the team continues to look forward to the next year.

Senior **Jade Manning** said, "I'm looking forward to our last year; we'll have a great team, I think everyone who'll be there next year really cares."

Bentley added that having an optimistic view is key to a successful year and hopes to achieve that in 2008.

"I am a big believer in good, positive attitudes. If all of my players have good attitudes towards me and themselves then we will have a successful year. I think that some of the seniors will be missed, but I think there is always someone else ready to shine and I hope we'll be able to see that in the 2008 season."



girls' soccer

061



Senior **Mackenzie Schmitt** practices with junior **Andrea Campbell** on a double court. These girls like playing single court tournaments better.



Junior **Coby Baccam** turns around and watches her coach, tell her how to switch up a play for better practice from other angles.



serve



return



down & ready



The girls huddle and cheer after their long practice. They practiced longer and ran more drills right before a big tournament.



endurance
focus
determination
patience
power
agility

062

sports

"3 years."
-Senior
Ashley
Kasper



**How many
years have you been
a tennis
player?**

"3 years."
-Senior
Mackenzie
Schmitt



rack that ball!

● Story/Layout by: Hannah Kilby

W

any coaches have the same motto, "There is no I in team." But most tennis coaches out there have a motto that is the exact opposite. Tennis is usually played in a single match on the court which has one person per side. Occasionally, they will play a double, with two players per side.

"I like playing the single matches better because you have to hustle and move around a lot," said sophomore **Ashlyn Robinson**. "I like being constantly active."

Score is kept by a four point game, which is also known as

a set. There are six sets in a match and you have to win by two points. The points are 0, 15, 30, and 40; zero is also known as "love."

"The first tournament that we had, we were unsure exactly how to keep score, which in the long run caused us to have one win and ten losses vs.

Ankeny," said sophomore **Susan Nguyen**.

Practice was held every day after school next to the softball fields and the stadium. The boys and girls practice separately and they alternate every week. One week they have to be there at 3:15 and the next at 4:00 so that they both can use the courts. Practice lasted usually about an hour and a half. During practice they had to run drills, do warm-ups, work on serving and receiving, and practice on singles and doubles courts.

"I like practicing with the team the best,"

said senior **Kee Vang**. "It was always fun learning new techniques."

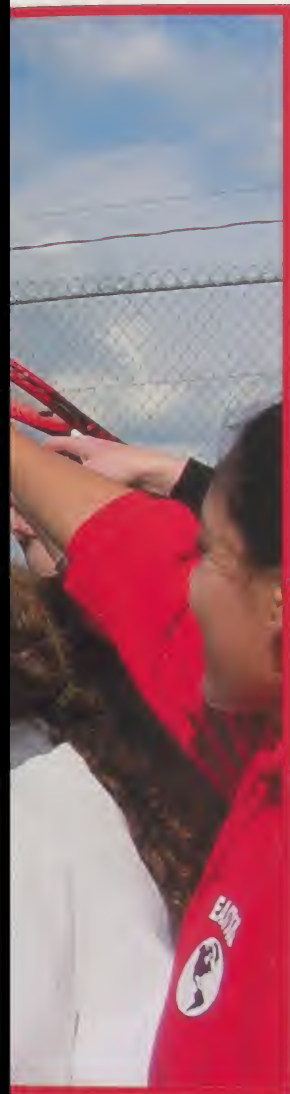
Many people join the tennis team, not knowing a thing about it, including how to play, but they enjoy doing it so much that they continue throughout high school. They think it is fun and like meeting new people. By the time they leave high school, they are awesome players.

"My favorite part about being in tennis is

meeting new people and making friends," said **Holly Meysenburg**.

The Central Iowa Metro League final standings left East girls with a 0-5 season. One of the main struggles that they faced was that they were not sure how to keep score. Score was kept individually by the players, and led to many losses because of confusion.

"The way the score is kept is super-complicated. Now that I know what I am doing I will be able to lead next year when people are unsure of how to keep score," said Meysenburg.



he boys practiced separate from the girls, but the same drills were ran. Double courts were practiced a lot because they played that way more often. An advantage of working with someone else is that there is someone right next to you helping with teamwork and encouraging you if you get a miss.

season

statistics

| | | | | | |
|---|------------|------|---|-----------|-----|
| L | Ankeny | 1-10 | L | Hoover | 3-8 |
| L | Mason City | 0-9 | L | Saydel | 2-7 |
| L | Ballard | 0-9 | L | Indianola | 1-8 |
| L | Lincoln | 2-9 | L | Ottumwa | 1-8 |
| L | Roosevelt | 1-10 | L | North | 3-8 |

~~boys'/girls' tennis~~

063

drive that ball

Story/Layout by: Katie Grimm

2

ny typical sport has many players on a team who play on their given field, where they must physically push and work as a team to achieve their victory. The game of golf does not follow this set of guidelines, though.

Golf is one of the few sports that does not have a fixed, or permanent playing area. In a game of golf, players must hit a golf ball off a tee and get the ball into the hole in as few shots as possible without breaking any rules.

"It is really fun despite what people think. It takes a lot of practice and concentration just like any other sport. I did not play last year and I really regret it. The girls on our team are really nice and support each other a lot," said senior **Samantha Smith**.

East has two golf teams that play during the year. The boys' team plays during the fall semester, from the middle of August through the end of September and the girls' team during the spring semester, from the middle of April through the end of May. The girls' team is combined of girls from East, North, and Lincoln, since not enough girls are interested at each school.

Although the teams play in different parts of the year, both of the coaches and the players share the goal of trying to improve within each meet.

"We arrive about an hour early and start warming up before meets so we play our strongest," said girls' coach **Lowell Long**.

Last season, graduate Amanda Wilson from North received a golf scholarship to Briar Cliff University in Sioux City, Iowa. Wilson struggled in her first-ever meet against Newton in 2006, but she improved by 88 points in a year. She shot a 98 in her last meet in Newton this year.

"I almost had to move Wilson back to JV after her first meet, but she told me to give her another chance, I did and she made me look like a good coach," said Long.

"We always try to help each other and I'm looking forward to playing again with the girls, and meeting new ones. Mr. Long is a great coach and helps whenever he can. I enjoy when we have competitions against each other, and even him," said Smith.



n the near right, senior **Alex Heggen** hugs coach **Deb Waltz**. The players and the coach are really close during the season. On the far right, freshman **Logan Davis** putts the ball in for the win.

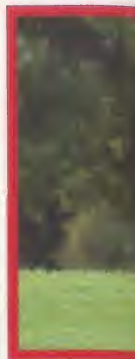


Golf terms

- Drive - to hit the ball with maximum force & full stroke.
- Heel - the part of the club head nearest the shaft.
- Hit - To play a shot or stroke
- Nose - the toe of a wooden club.
- Ace - a hole made in one stroke
- Choke - 1. to grip down farther on the club handle.
2. A slang term used to indicate a collapse under pressure

064

sports





o the left, junior **Shawna Wilson** bends down to pick up her ball during a meet. Above left, junior **Grant Voshell** squats down to measure his shot. Playing golf takes a lot of patience and accuracy. Directly above, sophomore **James McCourt** messes around by the tee box during a meet at Grandview Golf Course. The boys say golf is also about having fun, not just the game.

season

statistics

| | | | |
|---------|--------------|---------------------|------|
| 534 | 1st CIML | Waukee & SE Polk | 288 |
| 176-143 | Metro Meet | Triangular | 533 |
| 176-183 | Marshalltown | Ankeny Invite | 12th |
| 203-155 | DM North | North Invite | 8th |
| 210-169 | Ottumwa | Johnston Invite | 267 |
| 215-176 | Indianola | Ottumwa Invite | 11th |
| 177-156 | DM Hoover | Ottumwa Invite | 681 |
| 177-141 | DM Lincoln | Marshalltown Invite | 254 |
| | DM Roosevelt | Roosevelt | |
| | 2nd CIML | & Ottumwa | |
| 391 | Metro Meet | Metro | 341 |
| 443 | DM Lincoln | Conference | 652 |
| 496 | Invite | Regionals | 2nd |
| 383 | Ames Invite | Valley Invite | 12th |
| | Districts | Hawketts Invite | |

BOYS

GIRLS



precision
accuracy
determination
focus



At the left, the girls' team sits and relaxes during their meet versus Roosevelt and Ottumwa. Many of the girls enjoy just sitting and hanging out with each other.

"When I played varsity at Beaver Creek in Cedar Falls." - Alex Heggen



what did you think was the highlight of this season?



"I PLACED IN OUR CONFERENCE MEET!" - Senior Adam Geiger

self

065

goin' fast

Story/Layout by: Brittany Syvixay

Run, run, as fast as you can. You can't catch me! I'm the Gingerbread Man." Well, there are no gingerbread men in this story and this is far from a nursery rhyme,

but the concept still proves the same; this team is hard to catch.

The Scarlets, coached by **Patrick Lewis** of Roosevelt and assisted by coach **Chris Kannapel**, worked very hard throughout the year.

"With all sports, the team is effected when athletes graduate.

You lose experience, depth, and leadership," said Kannapel.

Although they had a year of rebuilding, the construction of the team must have had a good foundation.

Records were shattered, times were cut, and overall improvements were made.

The relay team of alumni **Stuart Hall**, junior **RJ Harris**, and seniors **Tanner Luft** and **DeAngelo Hall** were the 4x800 Conference Champs.

"It was total domination from the gun. We ran 3 seconds slower than our state qualifying time, which was 8 minutes and 12 seconds," said Harris. As a team, EHS was barely beat by the Roosevelt Roughriders for Conference Champs.

Although there were rough spots and hurdles on the track to success, it was proven that any and every obstacle could be overcome.

The 2007 state meet at Drake stadium was held May 17-19. Overall, East ranked 5th for class 4-A with a total of 37 points.

"A pair of spikes, \$100; setting a record, priceless," said alumni **Amara Sama** to the *DM Register*.

Sama, along with fellow alums **Neil Issa**, **Aaron Jordan**, and senior **Kirk Carter**, were the foursome who broke the state-meet record for the 4x100 relay with a time of 41.88 seconds. They were also ranked in the top five boys 4x100 times in Iowa high school track and field history, as well as winning the 4x200 relay.

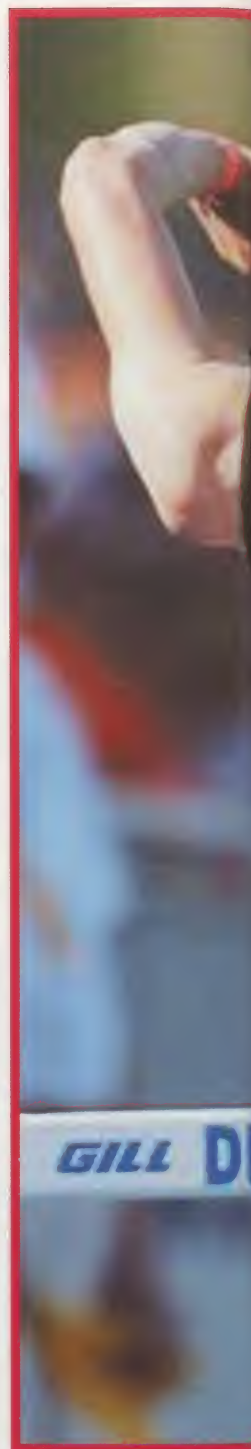
"Determination" and "hard work" are qualities said to be needed to endure this sport. This team showed they had what it takes to keep that Scarlet Spirit up.



The 4x800 relay team of **Luft**, **DeAngelo Hall**, **Harris**, and **Stuart Hall**. (left and far left) won the conference title, placed 3rd at districts, and ranked 8th in the state.

066

sports





dedication
passion
determination
speed
heart
agility

Season

Statistics

| | |
|-----------------|-----------|
| Cedar Rapids | Cancelled |
| Urbandale | Cancelled |
| Roosevelt | 3rd |
| Ames | 5th |
| Newton | 1st |
| Don Graves | 2nd |
| Iowa City | 4th |
| Conference Meet | 2nd |
| Regional Meet | 3rd |
| State Meet | 4th |



The all-star 4x100 team holds up their number 1's after their record breaking win. In the words of Issa (right): "East all day, baby. We got it, we got it!"



Drake Relays



Junior Sam Campbell soars with ease over a high hurdle. Campbell participated in the 110 m race at the Drake Relays, held April 26-28.

"I hit my goal of going to state."

-Junior
Shane Cross



what were
the goals you
wanted to achieve
this year?



"My goal was to throw 100 in the discus, which I did."

-Sophomore
Quintin Hall

boys' track

067



ophomore
Kaitlyn

Carpenter completes her time as she passes the finish line with ease. She was one of the eight girls to qualify for state.



enior **Jes-**
sica Tran

uses every ounce of her energy to make it over the bar. The lowest finish this year for the girls' track team was fourth in the SEP Relay.



lum **Amanda**

Enochs dashes past her opponent from Roosevelt during an intense medley relay. Last season's seniors were the team leaders and kept the girls focused according to coach Davis.



Season

Statistics

| EVENT | PLACE |
|----------------|-------|
| Ames | 3rd |
| Ankeny | 3rd |
| Huskey | 3rd |
| Lee Town Relay | 2nd |
| Lincoln Relay | 2nd |
| Saydel | 2nd |
| Southeast Polk | 4th |
| Urbandale | 2nd |
| Conference | 2nd |
| Districts | 3rd |

"Last season I sprained my toe and someone had to run my event, but I still came to the meets to cheer on my team."

- Junior **Kaylyn Fields**



how do
you turn things around
in track to
make it work?



"During the Drake relays I almost dropped the baton but instead I slowed down and got it with no problem."

-Junior **Shahira Robison**



Junior **Shahira Robinson** flies past the other runners during a medley. Robinson said she loved how the season turned out and how much the team accomplished and improved.

effort over talent

Story/Layout by: La Rissa Connett

With the same coach, using the same strategy, and giving the same amount of effort, the girls track team showed amazing results in their past season; girls qualifying for state for eight different events showed what they've been working towards.

"It was a very, very successful year," said coach **George Davis**.

With a tradition of finishing strong in track, the East girls have never finished lower than second in city.

"All-in-all, we did great as a team, and we had tons of fun in the process," said junior **Danielle Oliver**.

Despite their continuing success, the coaches agree that talent isn't everything to be a great athlete.

"Effort and attitude mean more than ability," said Davis.

Davis explained that the reasoning for the girls' finishing places is not how much raw talent they have, but their "determination of where they want to be with how much effort they put into it."

"The number of girls we sent to state shows how much they wanted it," said Davis.

The good attitude also comes from good leadership, according to Davis. The graduating seniors set a good example for the underclassmen by leading them in practices and warm-ups before meets.

"The seniors were really valuable to the program and I know we can fill the gaps, but we can never replace them," said Oliver.

Junior **Shahira Robinson** also commented that all the girls tried to give helpful pointers on what they could do better and to keep the girls focused.

"We wanted to be the best, so we came and took it," said Robinson

speed
movement
bold
agility
strength
persistence

girls' track

069

Varsity Football

Front Row: Ryan Guile, Austin Elder, Nick Mongar, dropped, Alec Martin, Paul Landers, Tim Bolander, Cody Bosley, Colton Collins. Row 2: Anthony Cross, Daryl Saunders, Randy Duncan, Eric Dunigan, Brian Hensley, Ryan Cam, Jacob Mann, Marcus Smith, Myke Shade, dropped. Row 3: Kelsey Kern, Coach Adam Jack, Coach Neil Donahoe, Coach Phil Hornback, Coach Greg Schoon, Head Coach Rick Roberts, Ass. Coach Carl Drautz, Coach Craig Wederquist, Coach Bob Roberts, Coach Addison Boughton, dropped. Row 4: Andre Coyle, Jordan Harmon, Coach Carlos James, Coach Jason Jones, Coach Corey Kopatich, Brady Burrows, Derick Wilson, Kurtis Leuang. Row 5: dropped, Stanley Fredrickson, Brad Underwood, Doan Nguyen, dropped. Brett Spaur, Jay Deever, dropped, Will Chatman. Row 6: T.J. James, Juan Rincon, Brad Davison, Matt Widlund, Jamel Bolden, Antonio Carter, Jordan Owen, Leo Ukpan. Row 7: dropped, Scott Jensen, Kiandre Smith, John Swanson, Justyn Lewis, Marshall McKay, David Davis, dropped, Brandon LaBelle. Back Row: John Audus, Eric Feldmann, Peter Barlean, dropped, Jan Carlos Medina.



Girls Bowling

Front Row: Connie Schillinger, Ashley Schumacher, Charlene Woolson. Row 2: Samantha Roth, Amanda Roth, Kelsey Walker, Devan Stuve. Back Row: Coach Johnny Carr, Jessica Smith, Jessica Kilby, Abby Meysenburg, Sierra Gearhart, Sammy Jones, Coach Doug Davis. Not Pictured: Jonntia Skipper.



Sophomore Football

Front Row: Tabrey Delany, Dante Terry, dropped, Jeremiah Harrington, Matt Lor, Ben Sigmund, Keifer Lem Uahn. Row 2: Marvene Ackiss, Sean DeGoey, Dylan Brewer, Alex Stevens, Stevon Coleman, Alex Reynolds, Alex Grochala, John Auch. Row 3: Interpreter, Manager, Dustin Medearis, Coach Adam Jack, Coach Craig Wederquist, Coach Neil Donahoe, Jacob Reed, Manager. Row 4: Errol Sutton, dropped, Blake Cross, Cole West, Blake Wilkerson, James Mangra, dropped, Eric Dunagan. Row 5: Brady Burrows, Cody Wilson, dropped, T.J. James, Quinton Hall, Jamie Deaton, Gavin Althaus, Thomas Young, Devontray Heard. Back Row: Casey Ouverson, Adam Elsinga, Mike Beem, Cole Rivas, Cody Mickle.



Boys Bowling

Front Row: Logan Davis, Jake Belcher. Row 2: Josh Whitten, Joram Burg, Matt Reimer. Back Row: Coach Johnny Carr, Jordan Gillaspay, Antonio Nizzi, David Sappenfield, Colten Harvey, Daniel Lloyd, Coach Doug Davis. Not Pictured: Sean Hergenrader.



Freshman Football

Front Row: Alex Syhavong, dropped, Brian Terrel, Kyle Bosley, Danny Shannon, Tyler Thompson, dropped, Ryan Hadley, Truc Do. Row 2: dropped, Tony Henry, Camron Hiler, Scott Loftus Connor Kouri, Nick Roth, Jordan Koushuahn, Marco Gonzalez, Kodey Campbell, Nick Savage. Row 3: John Reynolds Daniel Androde, Shawn Branchcomb, Asst. Coach Tim Walljasper, Head Coach Ken Burgess, Asst. Coach Mike Southmayd, Ryan Heckethorn, Austin Wilson, Tyler Smith. Row 4: Chris Tate, Caleb Bunnell, dropped, dropped, David Blacksmith, Zak Jones, Kirk Jensen. Row 5: dropped, Kodey Boyle, Ryan Woodson, Austyn Lewis, Dashawn Cason, Na'Day Chandler, dropped, Nick Grochala, Alan Logsdon. Back Row: dropped, Matt Grover, Justin Farnsworth, Kyle Mechem, Philip Stewart, Jerry Wilson. Not Pictured: Brian Banegas, Antonio Cantreras, Francis Lijadu.





Varsity Volleyball

Front Row: Missy Ulmer, Kim Robinson, Taylor Luft, Ashley Dameron. Row 2: Jade Kreutz, Asst. Coach Erin Kramer, Laurel Murphy, Asst. Coach Matt Ross, Kayla Wisnousky. Back Row: Makanani Scarlett, Heather Kingen, Head Coach Terri Fenstermann, Jennifer Johnson, Davie Chan. Not Pictured: Asst. Coach Beth Widlund



Boys Tennis

Front Row: Naipong Vang, Alum Cherosauth Saenvong, Kee Vang, David Lo, Peter Ly, Alum Deaven Cipperley, Alum John Houston, Lom Nguyen. Back Row: Carlton Davis, Austin Boyd, Jesse Ung, Coach Tam Ho, Edison Moody, Nick Wren, Alum Trent Smith, Nick Barnes.



JV Volleyball

Front Row: Esther Turay, Ashlyn Robinson, Julia Cancino, dropped, Joanna Peters, Karen Perez. Row 2: Misty Black, dropped, dropped, Kinzie Langerud, Rene Reynolds, Carmen Carrasco, Angelica Lawson. Back Row: Sam Johnson, dropped, Asst. Coach Erin Kramer, Coach Matt Ross, Kate Hurley, Afton Abel. Not Pictured: Jody Borton.



Girls Tennis

Front Row: Angel Decker, Susan Nguyen, Diana Longoria, Pinda Thepkome, Carolyn Phongaphachone, Mackenzie Schmitt, Shelby Carr, Sanna Sayavong. Row 2: Katie Heggen, Alum Jen Harmon, Jennifer Young, Jiear Vang, Ashlyn Robinson, Coby Baccam, Alum Taylor Miller, Jamie Harris, Rosie Cam. Back Row: Jordan Welker, Alum Kelsey Treen, Holly Meysenburg, Asst. Coach Josh Carman, Head Coach Heather Davis, Alum Katie Sturtz, Ashley Kasper.



Freshman Volleyball

Front Row: dropped, Maranda Froehle, Kacie Young, dropped, dropped. Row 2: Megan Faulkner, dropped, Lauren Morgan, Taylor Bimbi, Tera Rhoades, Emily Cook. Back Row: Taylor Isbell, Natasha Schoborg, Unique Grover, Coach Beth Widlund, Kelsey Waits, Brittany Clark, Kate Morrow, McKenzie Cook.

Varsity Boys Basketball

Front Row: Tyler Stumme, Glen Welch, Cody Bosley, Gage Rhoades, Will Chatman, Jared Weatherall. Second Row: Mgr. Megan Gabriel, Deangelo Hall, Asst. Coach Lowell Long, Asst. Coach Greg Shown, Head Coach Andy Howard, Asst. Coach Jamie Fitzgerald, Kiandre Smith, Mgr. Trish Barton. Back Row: Keith Hunter, Allen VanGundy, Brett Kelsey, Eric Feldmann, Joe Jackson. Not pictured: Jordan Owen, Leo Ukan.



Sophomore Boys Basketball

Front Row: Curtis Lacey, Eric Dunigan, Devaughn Jenkins, Chris Wollesen, Tyrae Kemp, Tyler Jenson, Dunlap Hall. Row 2: Mgr. Alejandra Rodriguez, Mgr. Kyra Seay, TJ James, Head Coach Lowell Long, Jamie Fitzgerald, Leanie Jones, Mgr. Terri Cabrera, Mgr. Katelyn Schuler, Mgr. McKinzie Langerud. Back Row: Royan Johnson, Gavin Althaus, Adam Elsinga, Kole Rivas, Casey Ouverson, Devontray Heard, Teraunte Osborne. Not Pictured: Iesha Ridden.



Freshman A Boys Basketball

Front Row: Alex Van Gundy, Trevaill Carothers, David Reasby, Nick Savage, Cedric Danilson, DaShawn Cason. Back Row: dropped, Sheldon Robinson, Asst. Coach Carl Drautz, Head Coach Carlos James, Asst. Coach Buster Rounds, Phillip Stewart, Matt Grover.



Freshman B Boys Basketball

Front Row: Francis Lijadu, Cody Johansen, Kyle Bosley, Tyler Thompson, Conner Kouri, Jack Karasek. Back Row: Nicholas Grochala, dropped, Asst. Coach Carl Drautz, Head Coach Carlos James, Asst. Coach Buster Rounds, Na'Day Chandler, Craig Conkel.





Varsity Girls Basketball

Front Row: Shelby Smith, Skylar Johnson, Shronda Butts, Sharnae Lamar, Audri Lu, Tiffanie Porter, Kayla Koeppen. Back row: Tia Mays, Nijay Gaines, Asst. Coach Dave Koeppen, Head Coach Sam Powell, Asst. Coach Natalie Raub, Asst. Coach Donovan Filkens, Kalynn Fields, Markisha Wright.



JV Girls Basketball

Front Row: Kelsey Summy, Liz Bolten, Shronda Butts, Royannah Marble, Chelcie Scott, Sharnae Lamar. Row 2: Jocelyn Brown, Jade Kreutz, Afton Abel, Nijay Gaines, Nyador Balim. Back row: Head Coach Dave Koeppen, Asst. Coach Natalie Raub. Not Pictured: Martasha McKenzie.



Freshman Girls Basketball

Front row: Janet Reaza, Kensie Channon, Ashley Cuikshank, Mariel Bradford. Back Row: Friday Chuol, Alexis Ortiz, Head Coach Thana Heller, Madison Tedrow, Kelsey Waits. Not Pictured: Chelcie Scott, Royannah Marble, Liz Bolten, Madison Ruge, Nyador Bilim, Taylor Bimbi.



Boys Golf

Front Row: Royann Johnson, James McCourt, dropped, Tim Novak, Logan Davis, Blake Wilkinson, Charles Hughes, Adam Geiger. Back Row: Austin Boyd, Payton Pringle, Zach Flickenger, Coach Deborah Waltz, Alex Heggen, Grant Voshell, Kyle Rehm.

Girls Golf

Team Roster: Amanda Wilson, Ariel Jetty, Mariah Morrison, Tia Brown, Shawna Wilson, Jennifer Johnson, Naly Bounyalath, Monica Baccam, Audri Lu, Loretta McCuller, Jasmine Clouse, Haley Senecaut, Haley Cooper, Keyona Jackson.

Varsity Baseball

Front Row: Devin Cipperley, Tim Bolander, Sean Logan, Joe Anderson, Jake Belcher, Cody Bosley. Row 2: Colton Collins, Joey Petersen, Austin Elder, Gage Rhoades, Josh Myers, Kyle Bates. Back Row: Scott Jensen, Brett Toncar, Coach Brian Luft, Coach Scott Rourke, Coach Steve Cipperley, Ryan Brouwer, Trevor Beals.



Sophomore Baseball

Front Row: Alex Brouwer, Levi Cardines, Ben Sigmund, Dustin Medearis, Tyler Jensen, Josh Cozad. Back Row: Tony Funaro, Antonio Nizzi, Coach Martin Luft, Zach Laird, Brett Spaur, Matt Widlund. Not Pictured: Gage Rhoades, Chris Sullivan.



Freshman Baseball

Front Row: Mike Jones, Evan Holleran, Chris Wolleson, Tyler Murray, Nick Roth, Logan Davis. Row 2: Tyler Slinger, Brady Burrows, Sean DeGoey, Cody Shepherd, Zak Jones, Cole West. Back Row: Matt Grover, Dustin Rowe, Josh Kirkpatrick, Asst. Coach Buster Rounds, Coach James Gibbo, Alex VanGundy, Anthony Flagg, Gavin Althaus. Not Pictured: Casey Ouverson, Cody Wilson, Blake Wilkerson.



Boys Cross Country

Front Row: Taylor Whittington, Ben Liston, Luis Mata, Allen Williams, Tanner Luft, Joram Burg. Back Row: Chris Miller, Ben Baumbach, Phouthasac Keopraseuth, Johnny Coleman, Learie Jones, RJ Harris.





Varsity Softball

Front Row: Kim Robinson, Jennifer McDaniel, Ashley Prettyman, Sarah Sinopoli, Amy Parker, Cari Smith. Row 2: Miranda Henderson, Taylor Allgeier, Amanda Enochs, Kaitlyn Carpenter, Caitlyn Carmichael, Mattison Sellers, Taylor Warren, Missy Ulmer. Back Row: Kylie Vry, Pitching Coach Bob Savage, Asst. Coach Nicole Wood, Asst. Coach Tyler Collins, Asst. Coach Jerry Collins, Head Coach Bob Ligouri, Asst. Coach Matt Murillo, Asst. Coach Amanda Zust, Asst. Coach Thana Heller, Jennifer Radley.



JV Softball

Front Row: Amy Parker, Tori Waters, Vancy Bergan, Alexis Ficek, Heather Prettyman. Row 2: Taylor Allgeier, Taylor Millard, Miranda Henderson, Chelsea Rife, Stacie Brown, Kaitlyn Carpenter. Back Row: Taylor Warren, Liz Bolton, Head Coach Thana Heller, Asst. Coach Nicole Wood, Asst. Coach Amanda Zust, Teighlor Gutierrez, Makanani Scarlett.



Freshman Softball

Front Row: Heather Prettyman, Vancy Bergan, Kacie Young, Bat Girl Maggie Long, Jerzie Murray, Lauren, Kelsey Riester. Row 2: Stacie Brown, Madison Duncan, Madisen Meinders, Tori Waters, Kelsie Barnard, Madison Tedrow. Back Row: Teighlor Gutierrez, Taylor Allgeier, Taylor Millard, Head Coach Lowell Long, Asst. Coach Brett Collins, Tiffany Robbins, Kaitlym Carpenter, Liz Bolton.



Girls Cross Country

Front Row: Carolina Aguilar, Kensie Channon, Amber Huggins, Naly Bounyalath. Row 2: Julie Drake, Pa Vang, dropped, Ruby Murillo, Caitlin Schuler, Stephanie Janssens. Back Row: Sarah Lown, Ariel Jetty, Coach Scott Beall, Alma Marquez, dropped.

Girls Track

Front Row: Trish Robbins, Ashley Dameron, Jennifer Lyon, Montinique Bumpus, Stephanie Jannsens, Nicole Lukenbill, Riley Galvin, Jessica Tran, Shy-Londa Bumpus, Shahira Robinson, Pa Vang
 Row 2: Jenny Chai, Caitlyn Carmichael, Kaeli Helm, Amy Flaherty, Tiffany Robbins, Amber Schories, Kaitlyn Carpenter, Jennifer McDaniel, Taylor Luft, Sarah Son.
 Row 3: Addy Speck, Madanani Scarlett, Breanna Fousek, Amanda Enochs, Liz Godoy, Narelle Buffalo, Nikki Robbins, Kasey Jensen, Tiffanie Porter.
 Row 4: Shelby Smith, Misty Black, Karen Perez, Coach Kenneth Morton, Coach George Davis, Coach Robert Bagley, Coach Phil Hornbeck, Lacy Flaherty, Kate Hurley, Samantha Torres.
 Back Row: Morgan Roland, Catherine Mitchell, Kalynn Fields, Ky'esha Buckner, Tiara Mays, Danielle Oliver, Kennesha Woods, Jocelyn Brown, Kyle Rowe, Briana Williams.
 Not Pictured: Katie Smith, Laurel Murphy, Amber Schories, Shanae Turner.



Girls Swimming

Front Row: Jessica Tran, Nicole Lukenbill, Danielle Piatt, Paige Shannon, Aubrey Slith, Mariel Bradford, Megan Lein.
 Row 2: Crystal Spurgeon, Rachel Anderson, Tiffany Carroll, Emily Mullen, Jackie Puffet, Brooke Young.
 Row 3: Amanda Cantwell, Narelle Buffalo, Coach Stan Thompson, Riley Galvin, Coach Eric Galvin, Jade Manning, Kyle Rowe.
 Back Row: Michelle Ortiz, Ashley Mendenhall, Peyton Rowe, Brittany Wilkinson, Jocelyn Perkins, Shannison Carton, Marissa Thompson, Megan Thurmond.



Boys Track

Tim Bolander, Andrew Graves, Mykeal Shade, Bobby Davis, Allen Williams, Nick Tiano, Tanner Luft, Dorian Minter, Mike Jones.
 Row 2: Jordan Owen, Eldon Campos-Anderson, Justin Edwards, Joram Burg, Learie Jones, Jake Reed, Robbie Crane, Daryl Saunders, Josh Lyon.
 Row 3: Quintin Hall, T. Peavey, Doug Feldmann, Asst. Coach Chris Kannapel, Mgr., Coach Patrick Lewis, Nick Newcomb, Chris Miller, RJ Harris.
 Row 4: Brandon Brown, Sam Campbell, Stuart Hall, Leo Ukpan, Zac Mitchell, DeAngelo Hall, Logan Miller, Royan Fields, Robert Frye, Robert Blair, Justyn Lewis.
 Row 5: Aaron Jordan, Amara Sama, Neil Issa.



Boys Swimming

Front Row: Mitchell Timm, Jimmy Edwards, Evan Timm, Kyle Hutchins, Tyler Vry, Trent Hauser, Robert Romore, James McCourt.
 Row 2: Zachary Mitchell, Austin Boyd, Jake Edwards, dropped, Grant Voshell, Jake Keeney, Adrian Eni.
 Back Row: Jason Cotter, Dillion Barber, Head Coach Erin Lowe, Asst. Coach Dustin Casler, Robbie Cotter, Ethan Van Helten, Sam Warming.
 Not Pictured: David Carpenter, Jake Hibbard, David Van Dusseldorp, Thomas Young, Bradey Daugherty, Jeremy Haltom.





Varsity Boys Soccer

Front Row: Humberto Lechuga, Ludwing Cornejo, Matt Manyvong, Alex Luna, Saul Cardenas, Jesus San Elias. Row 2: Oscar Mar, Jesus Rodriguez, Orlando Valadez, Guadalupe Rodriguez, Cody Bowers, Edgar Delgado, Austin Elder, Derek Hale. Back Row: Aaron DeGoey, Daric Williams, Andre Cardona, Adam Van Helton, Coach Derek Lounsberry, Josh Torres, Travis Edvenson, Luis Saldana, Miguel Reyes.



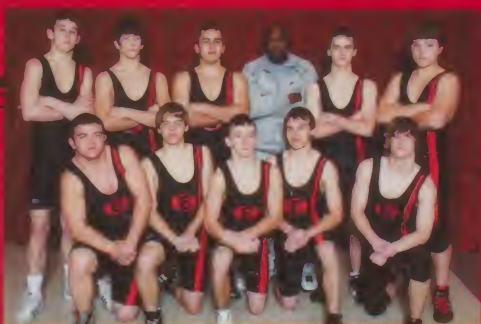
JV Boys Soccer

Front Row: Cody Price, Travis Williams, Luis Mata, DeVonte Brown, Sergia Cardenas, Justin Duckworth, Andy Tran. Row 2: Luis Martinex, Estefan Cardenas, Eric Fierro, Adrian Hernandez, Ryan Cam, Jan Arechiga, Samuel Lijadu, Oscar Mar. Back Row: Domagoj Tudovic, Patrick Mburu, Jesus Rodriguez, Elmo Ibrahim, Coach Tim Walljasper, Phouthasack Keopraseuth, James Wells, Daric Williams, Josh Torres.



C-Team Boys Soccer

Front Row: Matt Lor, Va Vang, Ryan Khounlo, David Sysombath, Samuel Juarez, Toan Nguyen, Jordan Duckworth, Angel Munoz, Sergio Cardenas. Row 2: Cris Rodriguez, Eric Fierro, Martin Rodriguez, Omar Patino, Mihn Phan, Roberto Raya, Zach Schipper, Bobby Sysombath. Back Row: Ryan Verwers, Tyler Wisnoussky, Mario Moreno, Charles Hughes, Gaspar Contreres, George Lijadu, Jose Reyes, Cesar Maceda, Derrek Meath, Zach Templeton.



Wrestling

Front Row: Robby Hardwick, Cody Price, Johnny Coleman, Dalton Price, Brian Hensley. Back Row: Ethan Kouri, Sean DeGoey, Taylor Reynolds, Coach Larry Jackson, Tyler Slinger, Zak Laird.

Varsity Girls Soccer

Team Roster: Alisa Allen, Gianni Beer, Jenny Cantwell, Lyn Chan, Lisa Collogan, Clair Diver, Emma Diver, Julieann Drake, Amber Huggins, Becca Hurley, Rachel Hurley, Sarah Lown, Yolanda Marquez, Monica Mom, Sarah Perkins, Amanda Smith, Allie Stuhr, Christina Tharp, Britney Wilkinson, Kayla Wisnousky.

Organizations





Handwritten signature or scribble in black ink.

random
venture

contributions to the community chaos

Story/layout by: Naipong Vang

Students are living in the most chaotic part of their lives... high school. With all the chaos, it is amazing when students take their time to help others in need. These students reinforce community and character in school and make it all just that much more enjoyable. Fortunately there are programs and organizations which help those students succeed. The National Honor Society is an organization that started in 1929. It picks students who demonstrate leadership abilities and academic achievement. NHS selects students from schools across the nation. Those students then perform voluntary service and activities for their community. East's NHS group is no different. "It's a good opportunity for me to help my community, without being tied down by the fact that I'm just a high school student, age is no matter," said senior **Chris Miller**.

Miller and 20 other members planned out many activities for their NHS group. They were all required to attain ten hours of community service. Most of their activities took up at least half of the day, easily completing the 10 hour requirement. The group participated in the Big in Schools program, sponsoring a student for a week at Willard elementary. They made breakfast casseroles for the homeless. "I think the breakfast for the homeless was the best project, almost everyone was there and we all helped out," said senior **Naly Bounyalath**, "there was so much shouting and it was fun."

There was a patch of land in front of East with nothing

but dirt, so the group planted tulips to beautify the area. They helped out at 4 Mile community center. They spooked off the ghosts at Night Eyes at Blank Park Zoo. They helped out with a Juvenile diabetes project. These are just some of the volunteer projects that NHS participated in.

Bounyalath was the president this year.

"I wanted someone who had leadership skills and authority, I felt like the people of NHS needed to be heard, and I always listen to others," said Bounyalath. "**Jiear Vang**, from last year, inspired me to do my best."

Bounyalath has been in NHS for two and a half years. Every Friday the group met and Bounyalath is in charge of getting things going. "I like being president, but I needed more feedback from the members. It has changed since then, though, people talked about what they wanted," said Bounyalath.

French teacher **Amanda Eimers** sponsors NHS. Eimers wanted to reconnect with NHS since she used to be involved in it in high school. Eimers filled in Ms. Sadoris' position as sponsor six years ago. "It is hard to choose between who gets in and I wish I could just let all of the applicants in," said Eimers.

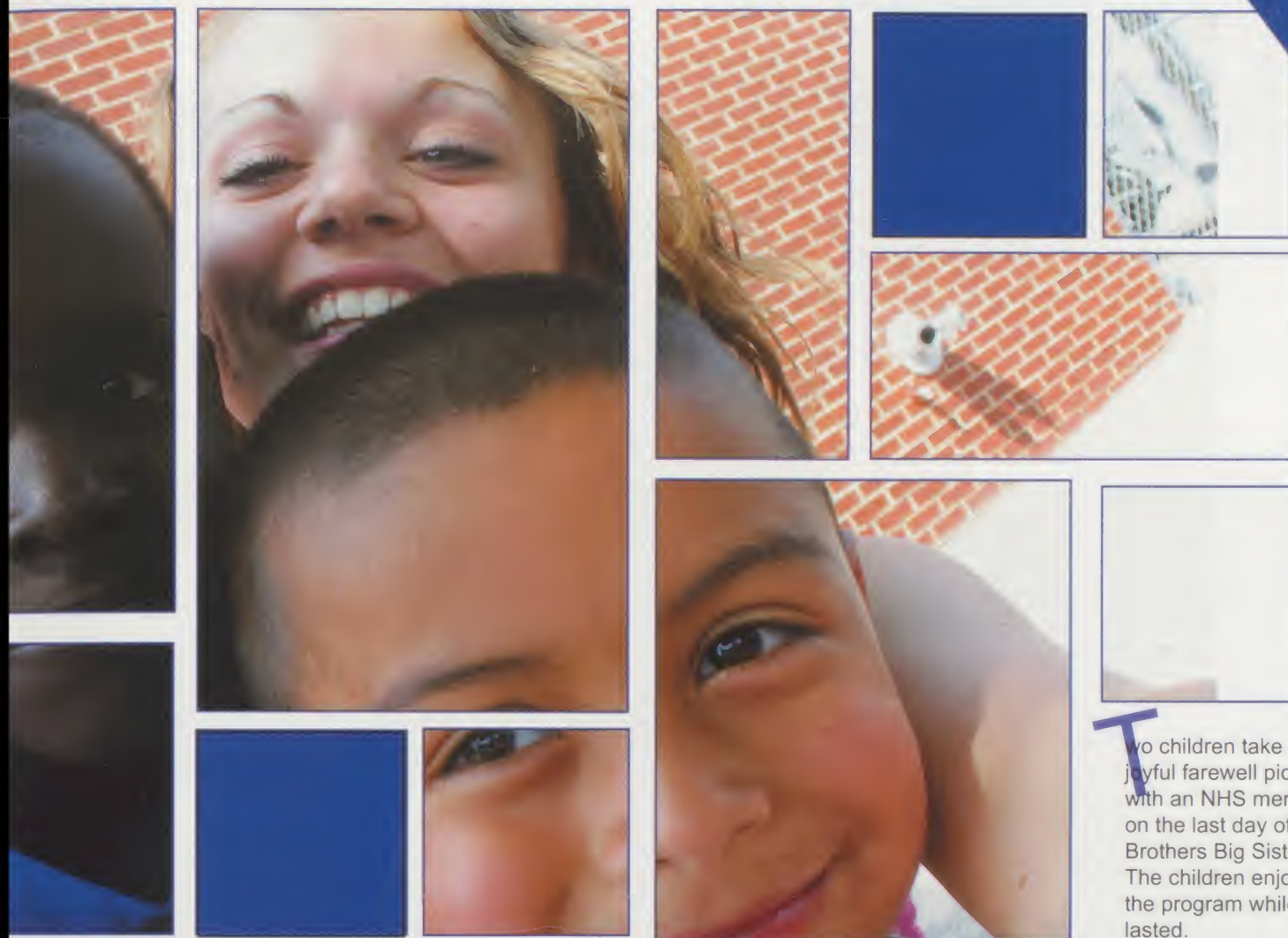
The students of NHS must meet specific requirements. In March, more than 100 students apply. All of them must write an essay displaying their academic and leadership abilities. A 3.5 GPA must be maintained and they must be recommended by a teacher. Of the 100 people who apply, only 20 get selected. "NHS is great, but I wish that anyone willing could be in it," said senior **Kee Vang**.

Vote with a smile. NHS members unanimously vote to eliminate committees. The committees were a nice try to split duties but were largely ignored.

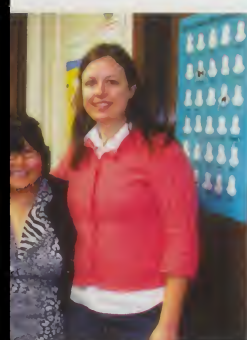


080

organizations



Two children take a joyful farewell picture with an NHS member on the last day of Big Brothers Big Sisters. The children enjoyed the program while it lasted.



Sponsors Chris Miller, Naly Bounyalath, and Christine Her pose with their sponsor Amanda Eimers. Eimers has sponsored NHS for many years.

Ashley Kasper shares a smile with her little friend in the Big Brothers Big Sisters program. The program helped children by giving them a sponsor every week.

“It’s a chance for me to help my community, without being important.”

nhs/ncyl

081

what you can do for your school

Story/layout by: Kyle Omundson

In many ways, Student Government and Senior Board are alike. They both run events throughout the school year, have members that help make the events a success, and do things that make the school better.

Student Government sponsor **Samy El-Baroudi** said, "I think every teacher should do something extra beyond what is required. That's why I decided to run it."

Student Government puts a lot of effort into making Homecoming a success each year. Homecoming is the main event ran by Student Government.

Senior Student Government President **Austin Locke** said both Student Government and Senior Board are organizations that help the school out.

According to El-Baroudi, Student Government helped fund the "We the People" trip to Washington D.C. this year.

Student Government also worked with other organizations throughout the school like National Honor Society. They also helped the Senior Board with their donation to the school this year.

According to Senior Board President **Nick Mongar**, each year the program has to donate something to the school. This year, they decided to have a flag pole put in the front of the school.

"The front of the school looked pretty bare," said Mongar. "It was good along with the renovation of the school to put that in."

According to sponsor **Gary Rourke**, Senior Board worked on their own scholarship to present to the Class of 2008.

Because the Senior Board dealt mainly with the senior activities, most of their work was done during the second semester.

"The program doesn't benefit just seniors," said Senior Board Treasurer **Naly Bounyalath**. "We donated the flag, did the scholarships, and did some faculty stuff as well."

Senior Board Secretary **Pennie Bland** said, "I think it's important for all seniors to join."

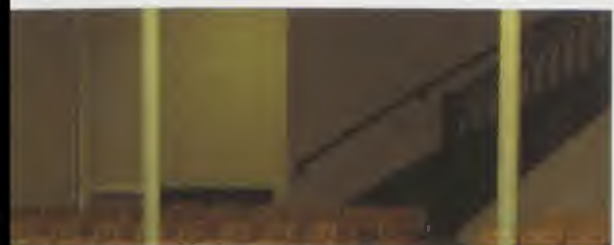
Members enjoy having Rourke as the sponsor for Senior Board.

"Rourke is a blast to be around," said Bounyalath.

Agreeing with Bounyalath, Bland said,

| What does each group do? | |
|--------------------------|---------------------------|
| Student Government | Senior Board |
| Student Exchange | Prom/Post Prom |
| Blood Drives | Senior Breakfast |
| Food Drives | Alumni Banquet |
| Penny Drives | Sr. Class Day/Award Night |





Student Government members discuss the lunch plans for the Jan. 30 student exchange with Centerville. Those students experienced life on the "east side".



Centerville and East students enjoy Subway sandwiches for lunch during the exchange with 26 southern Iowa students.



Members listen as Route emphasizes how fast second semester would end up going by for the Senior Board. The board was involved in many senior activities this year.

“I think every teacher should do something extra beyond what is required”

student gov't/sr. board 083

be pep 'E' show your school spirit!

Story/layout by: Ashley Lovell

Here for school spirit, most of the students at East are. The students support their school by purchasing buttons, beads...etc. Pep 'E' Club is responsible for all of that hard work.

They plan our winter formal and prom events and all of the dances; this year's formal was "Candyland Extravaganza." They set up all of the little things to sell to get the students pumped and involved.

"I like the club, I'm the VP and I really wanted to participate my senior year or get involved while it lasted I guess," said senior **Dorian Minter**.

They had meetings every Wednesday to discuss the planning of all the activities they did this year. They really have shown that they care and want all the students to have fun.

Winter formal was planned out by the committee that had been chosen by the class and teacher **Robbie Malm**.

Everyone has their own job they are assigned something or an event that they will be responsible for; including the planning and making sure everything will be done in time.

"I like having a say in what goes on. I enjoy picking out what I want the decorations to look like for a dance and then making them," said senior **Masyn Sayre**.

Pep 'E' has a president, a vice president, a secretary, a treasurer. Those are some

of the most important roles in the club.

"I'm one of the presidents in Pep 'E'. I also like that I'm involved in some type of club my senior year. Pep 'E' isn't something everyone is in to or wants to wake up early every Wednesday morning for but I like it because of what we talk about and the things we decide to do. It's a lot of fun," said senior **Brittany Grochala**.

Everyone has a lot of fun in this and they can mess around while still getting their work done. It's a good way to get involved with the school and meet other classmates. You also have the choice of what events go on and if you want to choose a theme to one of the dances then you have a say in that.

"I hate it when we all don't agree on something because it makes everything difficult to get something done when we only have a short time to decide. Sometimes we all want the same thing but everyone just wants to make it fun so we have to learn to make some sacrifices to come to an agreement," said senior **Kayla Koeppen**.

They have to vote on just about everything so no one's ideas get left out. Decisions must be made, so to make it fair, they discuss all the possible ideas, lay them out everyone to see, then they vote on which of them they like the best; the majority wins.



This is the way the Pep 'E' club voted on their ideas. Each student had to put their head down and raise their hands to assure the turnout was fair.



Presidents



Masyn Sayre



Brittany Grochala

Vice Presidents



Dorian Minter



Tiffani Gutierrez

Secretaries



Kayla Koeppen



Jenny Sullivan

Treasurer



Jamie Drake



Amanda Roth

“I like having
a **choice**
about what
goes **on**”



Seniors, seniors the one thing they want to do before they leave high school is...Pep 'E'. These seniors are messing around and having that last bit of fun.

pep 'e' club

085

East students bound for success in science

Story/layout by: Amy Parker

Science Bound is a federally funded program that allows students to get an opportunity for a scholarship through Iowa State University to major in math and science.

"The students coming to this organization are learning how to be successful human beings," said coordinator Annette Bierkamp.

The students are selected in middle school by teachers. To meet the criteria, students have to be African-American, Hispanic, or Native American, have a 3.0 GPA, attend 75% of the meetings, take college prep classes, and be interested in science.

"It's a lot of work having to keep grades up to stay in Science Bound, but it's worth it because everything that we do is a lot of fun."

I learn about getting ready for college in the prep classes, so when I get that scholarship I will know what it's going to be like in college," said junior **Diamond Turner**.

The group met every Tuesday after school in room 3076M and went to the library to research information about a major in college involving math or science. Sometimes the students did labs during these meetings.

"Attending Science Bound helped me a lot in what I'm going to major in," said senior **Jared Weatherall**.

The group also did other activities like the Wesley Woods campout where they stayed overnight and did some fun activities like hiking, canoeing, stargazing, and hayrack riding.

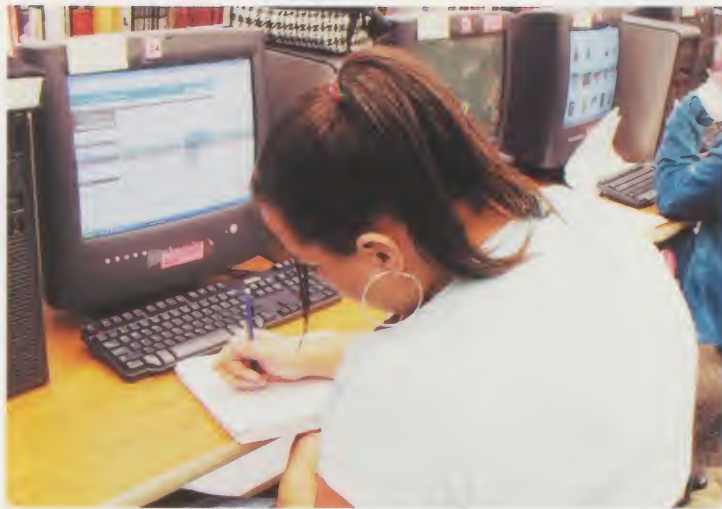
"The students are learning how to be successful human beings,"

Frank Bell Jr. is part of Science Bound at Iowa State University. He came to East to help students decide what kind of careers they would like to major in.



086

organizations



Junior **Danielle Oliver** takes notes on a career she might be interested in.



Junior **Humberto Lechuga** stops for a quick snapshot while working hard during one of the SB meetings this year.



Emoiz **Ibrahim** looks up information in the EHS library on a major that he might pursue in college involving math or science.

Chess club check mates opponents

Story/layout by: Kyle Omundson

Chess Club may not seem like an exciting club to join, but some students enjoy being challenged by others in this game that involves strategic thinking.

"Chess teaches you to think outside of the box," said junior member **Elmoiz Ibrahim**. "Everyone thinks that chess is for nerds to play, but it's not."

Senior member **Jesus Reyes** is a serious chess player. He's played for about six years, and has learned how to play from an advanced chess player.

"I read books and played against the best player I know to prepare for the meets," said Reyes. "Somebody that ranked number three in the United States taught me how to play."

According to club sponsor **Samy El-Baroudi**, the club has been around for the last four years, and met after school on Thursdays throughout the year.

Club sponsor **Erick Hunter** said the club is real informal to those interested in becoming a better chess player. The club meets are open for all skill levels of chess players.

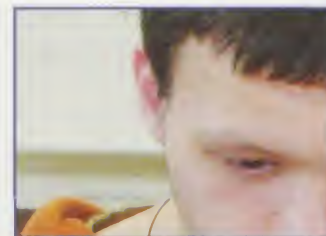
Hunter and El-Baroudi tried to form ways so the members could play against other schools. This year they were able to organize a meet against Dowling.

- Reyes let his chess knowledge and skills shine at the Dowling meet.
- "Beating Dowling was definitely the highlight of this year for chess club, especially for Reyes," said Hunter.
- "It felt good to beat Dowling," said Reyes.
- "We wanted to play against another school."
- Reyes is also no stranger to playing Dowling students.
- "When I heard that we were going to challenge Dowling, I laughed," said Reyes.
- "I've beaten Dowling at tournaments before."
- "Chess is a game that is exciting and challenging," said Ibrahim.
- It took Reyes around 40 moves to beat his opponent from Dowling at the meet.
- "The first game was a couple of minutes, because he took too long to move," said Reyes.
- "It felt great to demolish their best player."
- This is a good club to attend to learn moves, and to put your knowledge and skills against other players at East, as well as other high schools.
- Reyes said, "Being in Chess Club is an easy way to learn how to play and help your mind to develop."
- "More people should attend and join the club next year," said Ibrahim.

Do you know your chess pieces?



Answers: 1-Rook, 2-Knight, 3-King, 4-Queen





Members concentrate on their practice games. The club had up to five games going on at each meeting.



Juniors Jeff Moore and Cody Oliver study the board to plan their moves. The club met in Hunter's room to practice throughout the year.

“Chess teaches
you to think
outside of
the box”

Juniors Devin Waters and Kurtis Leuang debate a move Waters is pondering. Making correct moves also requires a lot of thinking ahead.

chess club

089

be sure to hit those high notes

Story/layout by: Amy Parker

"Show Choir is very popular in Iowa. It's not only a way to build the vocal music program, but a lot of fun and it builds teamwork and friendship between the students," said music teacher **Traci McCaull**.

To get into the program, the only requirement is knowing how to sing and dance. Students were also expected to go to all of the concerts and actually participate in class.

"To be in Varsity Show Choir the students had to sing in front of me and I made a decision on how well they performed and if they were in the program or not," said McCaull.

Students not only met daily, but they had choreography sessions after school. A choreographer was hired to show them dances and to make sure they had them down perfectly.

"It was nice having a professional choreographer help us with the dances because then we didn't have to worry about making them up ourselves. And I think that it took a lot of stress off of Mrs. McCaull," said junior **Ashley Gogerty**.

Many students thought their favorite part of Show Choir would be singing and dancing, but in this case it's not.

"I enjoyed the people in my class and being able to get a break from the stress of school work and listening to teachers all day to doing something that I actually enjoy. Yeah, the dances are somewhat difficult and the class can get a little annoying, but nothing stops me from enjoying the class," said junior **Crystal Weesner**.

Not only did Show Choir perform for East, but they also went to Merle Hay Mall and Feeder Middle School to show off their skills and hard work.

"It was exciting to be able to go to the mall. I liked knowing that I worked hard and practiced a lot to get better at the choreography and to be able to show it all off to the people who came to watch us," said freshman **Heather Prettyman**.

Next year they hope to not only perform for East and at the mall, but to compete against other high schools.

"I think that we should compete because it would be a lot of fun and to see what the other high schools are like. Also I think that it would be a good opportunity for us to get better at our dances and hitting our notes," said Gogerty.

Show Choir members worked hard before and after school to learn the choreography taught by Melissa Grantham.



“I think
we should
compete because
it would be
a lot of fun,”

How well do you
know your notes?

1.



2.



3.



1. Treble Clef 2. Eighth Note 3. Triplet



A choreographer worked hard with the male members of Show Choir to make sure they got the steps and moves down perfectly.

Seniors Austin Locke, Mike Woods, junior Bobby Sysom-bath and sophomore Brian Gohen get ready to learn their part of a show routine.

show choir

it's sweet music to your ears

Story/layout by: Kaitlyn Carpenter

Senior **Nuong Nguyen** sat patiently in the choir room each Monday morning waiting for chamber choir practice to begin. She and other choir members put in many early morning practice sessions to perfect their performances.

Nguyen said she enjoyed chamber choir because she liked performing both for East and for people around the community.

The choir enjoyed doing performances in the community for a number of reasons.

"We got to get out of school for the performances and we were able to do something cool for the community," said junior **Dionna Langford**.

One of the choir's favorite performances for the community consisted of singing to retired teachers.

Many members thought it was fun to do something special for the teachers that used to teach at East and it was cool to see some of the teachers they had in previous years.

During their performances, the singers sang a variety of songs.

"We sang classic, pop, and sometimes foreign songs," said junior **Katie Price**.

Junior **Joanna Peters** said although they do

not get to pick their own songs, they were still fun to sing at performances and practice.

For their East performances, the chamber choir said they really enjoyed their Christmas program.

"In the Christmas performance, the music is always classical so it was really beautiful," said Langford.

To be a part of the choir and be able to participate in the performances, the singers had to meet certain criteria.

"To be in chamber choir, you need to have some vocal ability," said Langford.

Along with being able to sing, singers had to do a bit more to make chamber choir.

Nguyen said in order to actually make chamber choir, a person has to try out for the choir with the instructor **Traci McCaull**.

When a student has made the choir they prepare for their performances during practices in the mornings before school, and in the afternoons after school.

All the singers agreed that the early morning practices were not their favorite but all in all, the choir is fun to be in and the people are great to work with... even at 7 in the morning.

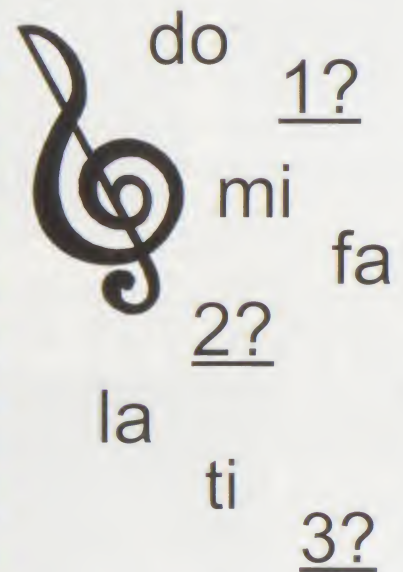


“We don't like the early mornings but it's still really fun”

Nguyen and senior Austin Locke practice a song during an afternoon session. The chamber choir practiced in the morning, as well.



Do you know the musical scale?
Find the missing notes...



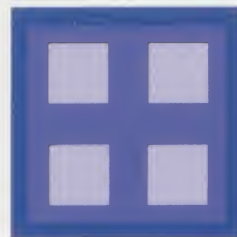
Answers: 1. re 2. so 3. do

Aboys, the singers gather around the piano to practice a song for an upcoming performance. Left, part of the chamber choir sing "People."

chamber choir **093**



It's **all** about the **music**



Story/layout by: Jorden McGriff

Music is everywhere. To the average person, it makes a car-ride bearable, puts a little pep in their step, or makes or breaks their mood, but to a few small groups at East, music is much more. Members of the beginning bells and advanced hand bell choirs center much of their school life on music.

With the guidance, of instructor **Traci McCaull**, music enthusiasts are able to trade in the ordinary worlds of band and orchestra for something that, according to McCaull, is "very unique".

"Bells is similar to band [or orchestra] in the instrumental aspect, but it is different because each note is played by only one student. Everyone has to be there for it to work," said McCaull.

Beginning bells, made up primarily of freshmen, is fairly introductory. All students must be able to read music to join, but they can be taught how to "ring". This makes a separate musical background common for almost every student involved.

"I'm also in orchestra and I joined hand bells because I like anything to do with music," said freshman

Tiffany Rattray.

Fellow members agree but say there are other perks of hand bells too.

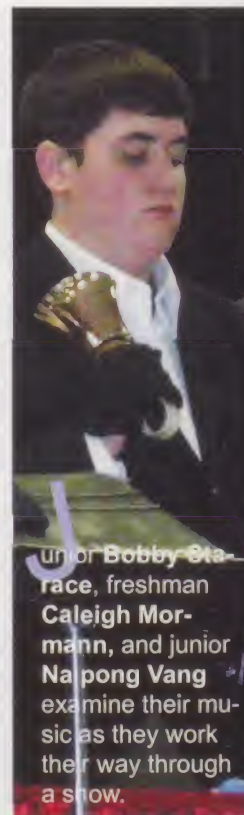
"Hand bells is fun and I like playing at the festivals," said freshman **Kayla Woodhall.**

While beginning bells students brush up on their skills at festivals, advanced members take it to the next level with formal performances in the community. During the winter holidays, the choir has so many performance requests that they have to turn many down. The choir has also been asked to play at a wedding, but this event has not yet been confirmed.

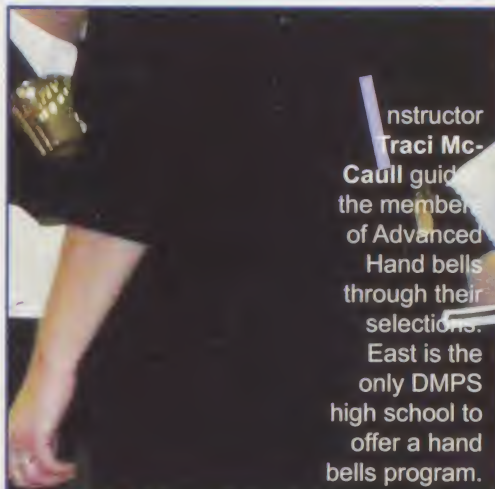
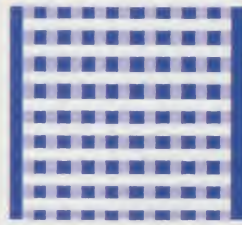
Despite this hectic schedule, senior **Robbie Van-Weelden** says that having fun with the rest of the people involved is his favorite part of bells.

As the only hand bell program in the Des Moines school district, East's program has not been able to compete in many competitions, but they will continue to spread holiday cheer and the beauty of music as they wow the community with their skill, knowledge, and precision.

Hand bell members **Kristen Davies, Christina Davis, Hannah McKeever, and Andrea Campbell** perform at the 4th Annual Hand bell Festival on December 14, 2007.



Junior **Bobby Starace**, freshman **Caleigh Mormann**, and junior **Nalpong Vang** examine their music as they work their way through a show.



Instructor Traci McCaull guides the members of Advanced Hand bells through their selections. East is the only DMPS high school to offer a hand bells program.



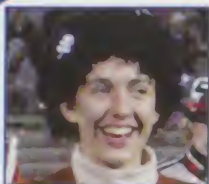
“As long as you don't make a funny face, the audience won't notice if you mess up”

hand bells

095

we're building on what we started

Story/layout by: Amanda Bellis



sarah lown



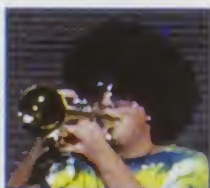
sarah johnson



justin crone



allie ring



stephen nutt



amanda bellis

robbie vanweelden



carl stoutenburg

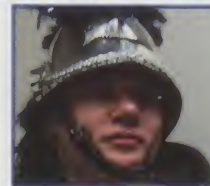
adam geiger



sarah mcfarland



travis stewart



josh lyon



john whiteman

After a few years of inconsistency and struggle, East's band program has settled down with a permanent director and a new outlook.

"We have a good foundation for all the bands," said band director **Chris Strohmaier**. "We've got the potential to develop into a solid program."

The East High Marching Scarlets pulled off their second consecutive title as Waukee Invitational Grand Champions, as well as earning the award for outstanding drum majors.

"I thought that these awards showed how hard both the band and the drum majors worked," said senior drum major **Sarah Lown**. "It was a really great end to the marching season."

Symphonic band is expanding as well. The band participated in multiple concerts and contests and took a six day trip to New York City.

"I decided to take the band to New York as a musical learning opportunity," said Strohmaier. "If you are going to play and appreciate music, you must first experience it at the highest level, and

that means going to New York."

While in New York, the band was able to attend a Broadway show, hear a performance by the New York Philharmonic Orchestra, and spend time at the Village Vanguard Jazz Club.

"New York gave us all a chance to become better musicians by listening to better music," said freshman **Nathan Burnett**.

The expansion of the band program in the last few years has also led to the development of a new group, the East High Wind Symphony. This gives more advanced students the opportunity to play upper-level, challenging music. For the first time since its creation, the group was able to travel to a contest of their own, the Adventureland Concert Band Festival.

Many students feel things are looking up.

"The band keeps getting better every year," said junior **Andre Johnson**. "I hope we keep improving and I can hardly wait to see where we end up."

**ehs band
seniors**

096

organizations



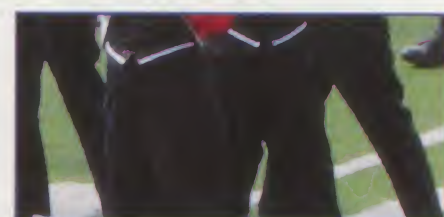
Band kids **Nick Hamilton, Faith Burnett,** and **Down** enjoy a meal at Perkins restaurant after a football game. Perkins has been a band tradition for many years.



Full symphonic band performs a piece at their first concert of the year. Everyone in the band program participates in symphonic band.



Wind symphony members warm up before a rehearsal. Wind Symphony met Monday, Wednesday, and Friday mornings before school.



Left: Snare players **Megan Rowat, Tony Hall,** and **Kase Heuermann** perform their section of the drumline feature.

The Marching Scarlets hit an open halt at Valleyfest. The Scarlets compete at Valley every season.

marching/concert band

we let our music do the talking

Story/layout by: Ambreyana Jones

Freshman **Shelby Jackson** payed close attention to **Christopher Strohmaier** as class was beginning. She prepared herself mentally and physically; she waited for the sign to start. As Strohmaier raised his conductor's baton, Jackson raised her saxophone, and suddenly, she heard the sound of the jazz band. "I've been waiting to join the East High Jazz Band since I was in middle school," said Jackson. "This has made me work harder."

She said auditions are challenging but members believe that the auditions make them grow. Jackson also said that the challenge "makes people want to join them," and that it also gives new comers an upper hand.

Starting the year off, Strohmaier brought in a group of professional musicians to help inspire the students and help them develop their talents.

Sophomore **Nick Hamilton** said, "People from Drake were brought in and it really brought us to where we needed to be."

Hamilton also said, "There was more dedication this year, and we finally got recognized."

Apparently, their achievements got them far. With a first place trophy under their belt, the band rose to the top.

Despite what some people may think, band is like every other class.

"We study different styles of music and see what works for us," said Jackson. "We also go deeper and study the music, unlike in band."

Although it may seem like they just play music, it's more complicated than that. Strohmaier has to pick 18 to 22 students to participate in jazz band.

"I pick 4 or 5 trumpets, 4 to 5 trombones, 5 to 6 saxophones, a pianist, a bass, and some drum players."

Strohmaier also had to pick 20 songs at the beginning of the year and as the year progressed, they only used 7 or 8 of them for contest. The rest were played at concerts.

Jackson said the band is close and willing to help others, but sophomore **Megan Rowat** said, "We're not a clique, we're open to people."

Jackson said that although people may get the idea that they are close, they "want to draw people to them."



manda Bailey, senior, was ready to wait at the jazz band's All City Jazz Concert. She played trombone five years in jazz band.



Nick Hamilton shows off the jazz band's first place trophy. He plans on continuing in jazz band and winning more trophies in the years to come.

Do you like to be:
a) Quiet
b) Loud
c) In between

Do you like to:
a) Do one thing at a time
b) Multitask
c) Do both

Mostly A's means you're more like the saxophone
Mostly B's means you're more like the drums
Mostly C's means you're more like the piano



Above: Guest violinist Midori talks to students early in the morning. Midori visited town to play with the Des Moines Symphony. Right: **Shawna Wilson** gives it her best as she practices with the whole group. Below: **Hannah McKeever** studies her music during an after-school practice.



At right: **Devan Stuve** concentrates on her violin during practice. At right: **Toan Nguyen** watches as **Darika Kouangvan** practices her violin. Orchestra practiced every day during sixth period and Tuesdays and Thursdays after school.



Left: A few lucky musicians pose on a beach in Florida. Above: **Hoang Nguyen, Toan Nguyen, Alyssa Mounphoxay, Chantelle Moody, and Jade Manning** pose with an "Incredible." All this fun was scored on a trip to Florida during spring break of '07.

100

organizations

East is alive with the sound of music

Story/layout by: Kayla Bruce

Going on tour, wearing cool costumes, and meeting famous people sounds like fun but is only a dream for most people. For the East High orchestra though, it's just part of the job.

For senior **Alyssa Mounphoxay**, getting to travel to middle schools was the best part of being in orchestra. She had fun hanging out with friends and playing for younger kids who've just started orchestra or don't even realize it's out there.

"It was a lot of fun because we got to dress up in costumes," said Mounphoxay. "I was a zombie because it was cheap, easy, and looked cool."

Senior **Chantell Moody** enjoyed playing fun, new music this year. A couple of the top favorites were the "Best of Ballet" and "Elenor Rigby" by the Beatles.

"When I pick out the music for the year, I normally just try to find something I like, the students will like, and that will sound good on the strings," said orchestra instructor **Jennifer Luft**.

"I always try to find something that none of my students have played before even if I'm using something from a previous year."

One of the highlights of the year was meeting Midori, a famous Japanese musician. She came to

visit East in February and talked about how much work it takes to get where you want to be.

"She told us that she practiced eight hours a day," said sophomore **Miya Williams**. "That's insane!"

Despite the fact that they got to meet someone who shares their same passion for music, a few people came away feeling disappointed.

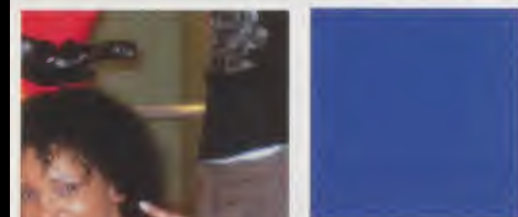
"She didn't even play for us," said Moody. "All I really learned from her is that hard work pays... money."

Orchestra isn't all fun and games despite what many people think. It took a lot of practice to get where they are now. Most people started playing in fourth grade and all have to practice every week.

"I don't have my own violin so I only get to practice here at school for fifty minutes," said Williams.

Many students in orchestra do activities outside of school and don't have much time, if any, for practicing. For the seniors, life is more than just orchestra but they still manage to make it to practice every Tuesday and Thursday after school.

"I have a life and I'm pretty busy, so Tuesdays and Thursdays are normally the only time I can devote to orchestra," said Mounphoxay. "That's the only time most of us can practice but we always do our best."



orchestra

101

Hands on the hips smiles on the lips

Story/layout by: Brittany Syvixay

“Too much makeup. Not enough makeup. What’s with the skin?!” Say it with me now; SUNLIGHT.”

Cheerleaders are always expected to look their best. Dressed for a game or not, there is a chance of being recognized and associated with East High Cheerleading. They are constantly under the spotlight and always being judged at a critical level, it’s just some of the duties that come with the uniform and poms.

“I know we’re judged. Cheerleaders are sometimes thought of as dumb and mean, but that’s not true,” said sophomore **Kierra Taylor**. Hair pulled up and bangs pinned back, no bra straps visible, no glitter, no jewelry, no fake nails... you get the idea; there is a strict dress code that must be adhered to. It’s all for the safety of the girls and the sake of looking classy.

Cheerleading is one of the most time consuming and demanding activities that can be participated in. Stunting, tumbling, cheering, dancing, jumping... now try doing that all in a skirt with a permanent smile plastered across your face.

To get ready for the 2007 season, the cheerleaders practiced throughout the entire summer. The sophomores, also known as JV, attended camp with the varsity squad at the University of Northern Iowa, July 5-8.

The freshmen did not attend camp this

year, but they worked just as hard at all the practices.

“I was kind of bummed that we didn’t get to go to camp because we had to buy all of the outfits for it. But we still worked really hard, I didn’t mind all the practices. They kept me fit and I think I improved a lot,” said freshman **Cassandra Lemthi**.

After all the work they had put in all summer, it was finally time for the real deal... wait, rewind a bit. Cheerleading isn’t all work; before they could officially be called a cheerleader, initiation was endured.

Initiation, although it isn’t a “sanctioned cheerleading activity”, is a yearly tradition for the spirited guys and girls of EHS. It involves lots of makeup, a lot of laughs... and a lot of humiliation. The concept is quite simple; the varsity girls get all dolled up to parade their incoming cheerleader around the fair.

“Initiation was... unexplainable. I was wearing a tutu, a blonde crazy wig, fake boobs, and stilettos (see pic on page 45). It was crazy but I’m so much closer to the seniors now, I would do it all again. I learned that the only way to have fun was to laugh at yourself, don’t take everything so seriously,” said sophomore **Tyler Avant**.

This may seem like an odd tradition, but it is really just a way for the cheerleaders of every squad to bond and have a little fun.

“We’ve all gone through it. It seems embarrassing but it’s actually a lot of fun and it brings the squads closer together. Everyone has a great time and we have lots of funny photos to look back on,” said junior **Ashley Gogerty**.



“Roll ‘em over, lay ‘em flat, pin their shoulders to the mat.” Sophomores **Sopheavy Bunhoeun, Tori Reasoner, and Kierra Taylor** cheer on the JV wrestlers against Ames.



Sophomores wait on the sidelines to be called out for their next performance at the homecoming assembly.





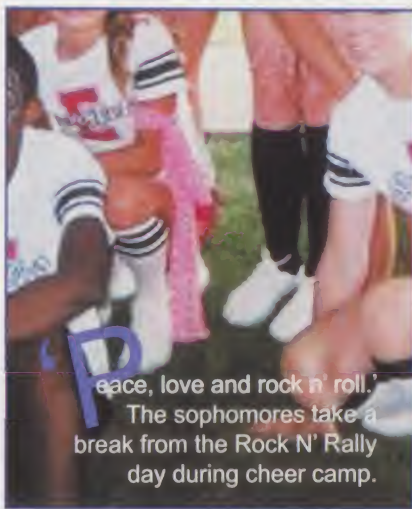
JUMP!



herky



front hurdler



peace, love and rock n' roll.
The sophomores take a break from the Rock N' Rally day during cheer camp.



toe touch



“the only way
to have fun
was to
laugh at
yourself”

‘Hey, who’s gonna win this game!’
The freshman boys’ basketball cheerleaders pump up the crowd during the game (at top). The entire freshman squad practiced early before school, twice a week, to prepare for upcoming games.

9/10 Cheerleading

cheer heart out your

Story layout by: Masyn Sayre

Most people think stupid girls with big chests and blonde hair when they hear the word cheerleader, but the few that actually take the time to get to know them know that cheerleaders are more than that stereotypical view.

"Most of my friends are or have been cheerleaders, I think it's wrong for people to judge them just because they are involved in cheerleading," said senior **Kasey Jensen**.

This year the EHS cheerleaders went through three coaches. The first was **Denise Rourke**, who coached for over 13 years and was a major asset to the squad. Next was **Sharon Link**, who coached for a few short months and also works in the office as the A.D. secretary, and last, but not least, **Kairsten Jack**.

"I love coaching. I was a cheerleader in high school and I love being able to work with the girls and guys on performances and different stunts for the games each week," said Jack.

It's not just about putting on performances during football and basketball games or during assemblies

and pep rallies. The cheerleaders also volunteer and help the future EHS cheerleaders get their start in the Little Cheer Clinics.

"We volunteered at a nursing home this year and in the past we have passed out flyers in Pleasant Hill and helped with the grand opening of a

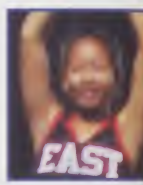
new bank," said sophomore **Madison Kasper**.

Another stereotype that some may have is that all cheerleaders are supposed to be female, but that's not the case at all. In fact, when cheerleading first became recognized as a sport in the 1890's, the first "yell" or chant was recorded at Princeton University and consisted of all males. Today with the help of senior **John Thompson**, junior **Randy Tharp** and sophomore **Tyler Avant**, the sexist minds of some are taking a turn for the better.

"People don't really say anything to my face, but I'm sure they do behind my back," said Tharp.

"I just don't let it bother me because I'm the one that gets to be around all the girls all the time."

Far right, senior cheerleaders gather for a picture on senior night. At left, as freshmen and sophomores the squad was excited to be a varsity squad.





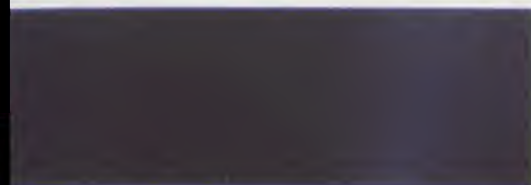
Senior cheerleaders rock out at cheer camp. Each year the girls have a 'spirit day' and this year it was rockabilly day.



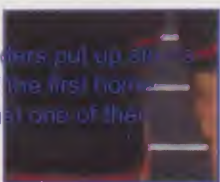
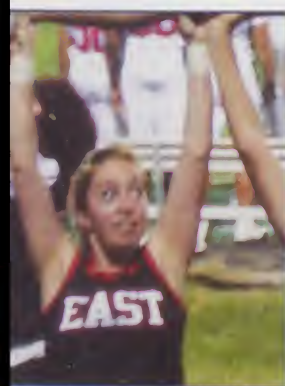
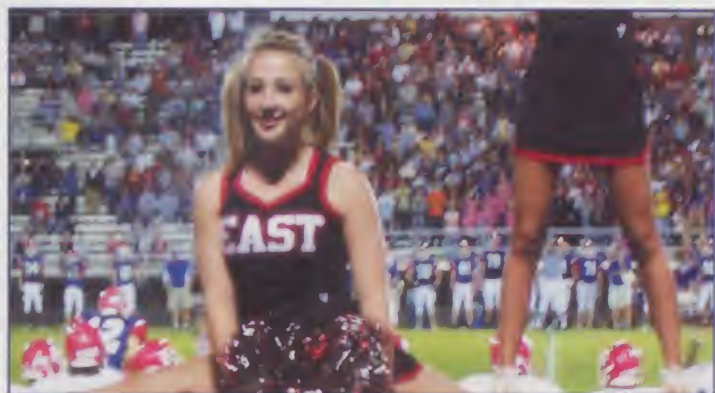
Top juniors Heather Seaward, Katelyn Tappan and Kayla Boyd play around during free time at cheer camp. Below, this year's varsity wrestling



squad gathers for a quick group shot.



Top, Varsity cheerleaders raise money at their annual carwash. Below, varsity takes a break during stunt-ing practice at cheer camp.



Cheer camp 2007 at the University of Northern Iowa



John Thompson on Er-Day during homecoming week



Mickie Phengsitaroun toe-touch basket football game

The varsity cheerleaders put up a lot of effort for Kickoff at one of the first home games. This was just one of their many pyramids.

varsity cheerleading



‘I live to dance, dance to live.’ These ladies aren’t all about dance; having fun is a necessary ingredient when it comes to this team.



“You’ve gotta know how to shake it!”



‘On the first day of Christmas, my true love gave to me...’ The girls anticipate their holiday performance before the Winter assembly (above). The Steppers entertain the crowd at a football game during half time (at right).



hey lil mama, why you dance so funky?

Story/layout by: Brittany Syvixay

“Life’s a dance, you learn as you go. Sometimes you lead, sometimes you follow. Don’t worry about what you don’t know; life’s a dance... you learn as you go.”

The East High Steppers stepped up to prove they know all the right moves, with the assistance of coaches **Christi McWilliams** and **Tessa Plym**.

“Our new coaches were great. They were both Steppers when they attended East so that has made a huge difference. They are also great leaders and role models to all of us and they have made this year so much fun,” said co-captain **Shelby Eckardt**.

Eckardt, along with senior captain **Stephanie Rangel**, led various performances throughout the year; from football games and little Steppers clinics to the Iowa Dance and Drill State Championships. Although they were unable to place because they did not receive a Division I rating, the experience was still worthwhile.

“State is very exciting. When you see

other people perform, it make you want to get up and dance... especially when you love dancing like us steppers,” said freshman **Alyssa Denning**.

A few of the dancers were veteran Steppers, but most of this year’s team consisted of new faces and talent. Combining the new with the old produced a team that made East High proud countless times.

“The quality every stepper must have; you’ve gotta know how to shake it!,” said sophomore **Bria Johnson**.

There is more to these ladies than just dance. In order to work together and get to know each other better, various bonding activities were set up.

“The lock in was a lot of fun, I got to know everyone that I’ve become much closer to throughout the year. We even had a fashion show, all thanks to our wonderful coaches,” said freshman **Brooke Young**.

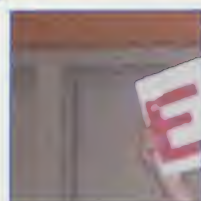


“When the music gets down in your soul... it makes you want to lose control.” With smiling faces and eyelids covered in glitter, these dancers took on many schools during the State competition.

“And when you get the choice to sit it out or dance... I hope you dance” *steppers*



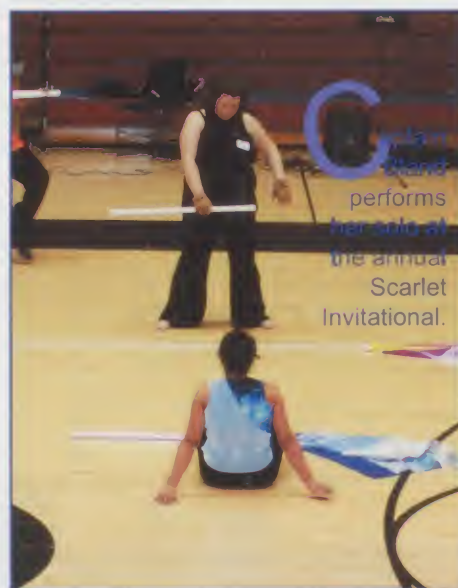
Cop-captains Bland and Buffalo reunite with a former captain, alumna Sydney Williams.



The squad gathered at a competition to show off a little school spirit.



“it was like a bunch of kids in a family”



Cop-captain Bland performs her solo at the annual Scarlet Invitational.



what did you think about your team?



“These young people are great and fantastic role models for this school”
-Coach Eggleston

fly ^{flag} that high

Story/layout by: Riley Galvin

The squad was nervous to start the year, hoping to accomplish more than what they did last year.

"We had many new girls and one boy and a fresh start for the year," said senior Captain **Narelle Buffalo**.

According to the team, this year was better than the last.

"This year was the best by far, we really stepped it up with the technical and difficult moves," said Buffalo.

The term technical describes things the team does on the floor and how they present it. Difficulty pertains to how hard the moves are to perform.

"This year we got sabers which are just like swords, and were really cool for performances," said Buffalo.

The team did really well in placing in different competitions.

"We got second place in state for winter guard and second place with the marching band. The squad has finished top five in their category in the prior four years at state," said Head Coach **Michelle Eggleston**.

East held their second annual Scarlet Invitational this year, which was attended by schools from around Iowa such as Oskaloosa, East Waterloo, and Cedar Rapids Kennedy.

"I had a lot of fun but not as many people showed up as we thought, hopefully next year we will have more people come," said Buffalo.

One of the events was a solo competition for the teams and many of the members placed in it.

"We took the first four places, Buffalo got 1st, Pennie Bland got 2nd, Scotty Locke got 3rd, and Madison Williams got 4th. It was really fun to watch," said sophomore **Kylie Grantham**.

The team says they have done a lot of things differently this year.

"Our choreographer this year came up with new and cool stuff for us which helped," said Eggleston.

This year everyone really connected with one another and became closer as the season got longer and longer.

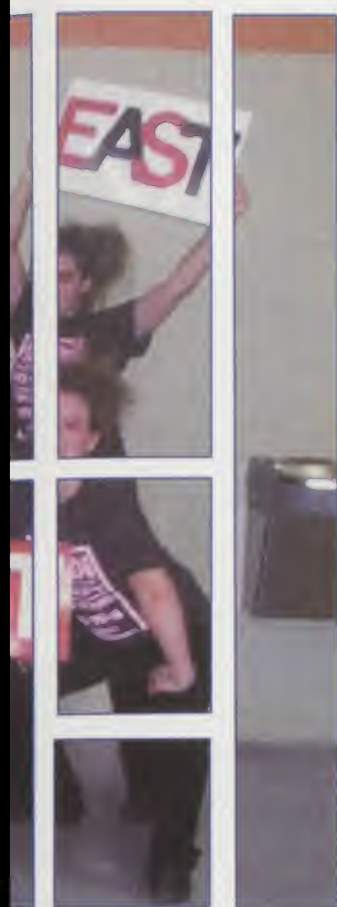
"We were like a family," said Buffalo.

"We were really involved with each other, it was like a family," said Grantham.

There were many new faces added to the team this year and they did well.

"I was new this year even though I am a sophomore. My friend told me about it and I decided to join. It is really fun and the captains, Pennie and Narelle, are really fun to be around," said Grantham.

Overall the team had a good year, and did a great job, according to Eggleston. "These young people are great and fantastic role models for the school," she said.



The squad got together during the fall to help rake leaves and get in a little practice time, also.

celer guard

Varsity Cheerleading

Front Row: Kasey Sayre, Ashley Rogers, Jessen
 Drees, Row 2: Midge Proulx, Madeline Smith,
 Kaiti Wicks, Kaiti McQueen, Row 3: LaRae Chiswick, Lois
 Lewis, Samantha Turner, Brianna Syvick, Jimmy Swain
 Back Row: Ashley Brown, Heather Baker, Wendy Therp,
 Jami Thompson, Michaela Zeng, Isamyn Brown, Allie Ford



Sophomore Cheerleading

Front Row: Casey Mangan, Elise Mounhemeyong,
 Sontray Bunneman, Paige Goe, Row 2: Layla
 Smiyarttsauby, Cary Wicbrock, Ton Keescher, Dee
 Kirby, Jondrea, Madison Kasper, Kade Nutt, Back Row:
 Lorie Kingan, Heather Blacksmith, Verna Gilling, Nadia
 Tyler, Tyler Avanti, Kiera Taylor, Kate Haggan, Taylor
 Denieo, Kaiti Hurley



Freshman Cheerleading

Front Row: Cassandra Lantini, McKenzia Wood, Row
 2: Kaiti Mangan, Kaiti Goe, Rachael Holt, Back Row:
 Peyton Rowe, Dora Green, Kaiti Hines



Color Guard

Front Row: Captain Marela Buldo, Captain Rennie Bland
 Row 2: Devan Stays, Shawna Wilson, Destiny Erley, Kylie
 Grantham, Back Row: Madison Williams, Joana Fudge,
 Amanda Cox, Maissa Kimpikemba, Samantha Jones
 Not Pictured: Austin Colby





Steppers

Front Row: Chelsey, Shelly, Erika, Taylor Higgins, Alyssa Danning, Brooke Young, Madison Duncanson. Row 2: Kelsey Kennedy, Tricia Johnson, Kara Meek. Back Row: Kayla Winkler, Ella, Emma. Last: Stephanie, Kasey, Abby Martin.



Scarlet Singers

Front Row: Chelsey, Madison, Jayanna Smith, Joana, Reena, Mary Dickens, Andrea Sandoval, Crystal Weaver, Kasey Price. Row 2: Tessa Holmstedt, Kaitlyn Buchanan, Nuong Nguyen, Blynn Dechen, Jennifer Wong, Cody Shepard, Austin Lucas, Steacy Carr, Michael Wood, Amanda Coleman, Tiana Blend, McKenna Langford, Rylee Carr, Austin Alexander, Audrey Gogerty. Back Row: Katelyn Robinson, Austin Bayn, Jamie Neuberger, Isaac, Louisa, Tyler Kuntz, Dee Kuntz, Justin Dudworth, Dionea Langford, Bobby Sympson, Vicki Gogerty. Not Pictured: Jacob Reed, Kayla Winkler.



Fresh Air

Front Row: Anna McDaniels, Brenda Hansen, Sergio, Jonna. Row 2: Shalimar, Skyla, Emma, Tami Thompson, Heather Preymann. Back Row: Alyssa Danning, Kelsey Price, Celeste Morrison, Lauren Molnar, Audrey Skiff, Tricia Johnson, Heather Jensen, Kadeesea Bender, Not Pictured: Alex Sider.



Advanced Handbells

Front Row: Hannah McKeever, Andrea Campbell. Row 2: Stacy Anderson, Careigh Morrison, Shelly Jackson. Row 3: Nuong Vang, Kaitlyn Davis, Rob VanWinkle. Back Row: Bobby Stevens. Not Pictured: Kristina Danner.



Beginning Handbells

Front Row: Lauren Morgan, Stacey Jones, Emily, Taylor Pettit, Celeste Morrison, Shelly Wilson. Row 2: Shelly Jackson, Jason Deaton, Kayla Winkler, Tiffany Ratkey, Gabriela Woodson. Back Row: Amanda Morgan.

Chamber Choir

Front Row: Nadia Weisen, McKenna Langford, Shelby Carr, David Kuder, David Row, Elvina Langford, Adam Locke, Steven Webb, Bobby Stacey, Chris Williams, Hilary Dinkens. Not Pictured: Joanne Peters, Kelli Hoke.



Prep Choir

Front Row: Shelby By, Kayla Wyndham, KayCee Curry, Anyssa Bruner, Aurora Gomez, Jannisa Whimsy. Back Row: Karlin Davidson, Tiffany Ratney, McKenzie Cook, Mandy Skougard, Michala Thye, Taylor Kimbri, Nicole Hoskins. Not Pictured: Kati Deeringer, Cherise Evans, Jessica Short, Kelsey Williams.



Concert Choir

Front Row: Brooke Wade, Kelsa Whitfield. Membership Holder: Jessica Schmoedeler. Train Do: Lauren Garrette. Row 2: Alyssa Balle, Kasia Turner, Cheyenne Clark, Jennifer Young, Alexis Swenson, Chynell West. Back Row: Lakenna Robinson, Marlene Mullis, Abbie Alai, Erin Smith, Malachi Patterson, Brittany Clark, Amber London. Not Pictured: Skyla Fogus, Ellen Palmer, Alex Smith.



Theater Arts

Front Row: Brittany Sisson, Elizabeth Holmes, Amber Mart. Row 2: Jacob Weathall, Romy Duncan, Sarah Johnson, Brittany Struggins, Anna Thompson, Hani Under, Wani Shend, Lindsey Kirk, Mewin McGregor. Back Row: Tia Maya, Tiana Pinar, Kaitlin Buchanan, Sarah McFarland, Michael Gorman, Travis Stewart.



Chess Club

Front Row: Dean Mayers, Ryan Galt, Kurtis Louang, Tappi Duffinham, Jessica Tran. Back Row: Sponsor: Samy ElGarsoud, Jeff Moore, Elmer Brenner, Devin Waters, Luis Martinez, Jesus Reyes, Sponsor: Erick Hunter. Not Pictured: Cody Oliver, Tyrell Yui.





Symphonic Band

Front Row: Dan Jenson, Amanda Davidson, Annie Johnson. Row 2: Heidi Kusler, Madeline, Megan Power, Kristin Davies, Jessica Schroeder, Sarah McFarland, Gessah Monahan, Nathan Sammet, Jason Saint, Cedric Moore, Tiffany Freeman. Row 3: Marissa Kimmel, Wendy, Paige Kuehn, Mike Ring, Jorge Gonzalez, Men Stodenburg, Claire Dyer, Sarah Johnson, Paul Kuehn, Bobby Starace, Sarah Lynn, Jennifer Bell, Greg Mitchell, Steve Anderson, Thomas Hall, Shelby Johnson, Kerry Dumas, Kate Woods, Anna Hudson, Carl Stodenburg, Jody Villalobos, Brittany Davis. Back Row: Sarah Seaman, Kasey Heuserman, Tom



Jazz Ensemble

Front Row: Megan Power, Jody Villalobos, Shelby Johnson, Paul Kuehn, Lynn, Chris, Holly Russell, Nick Hamilton. Row 2: Carl Stodenburg, Amanda Bell, Anne Johnson, Adam Giger. Back Row: Tony Hall, Nelson Hall, Sam Anderson, Bobby Starace, Maren Bush, Stephen Murr, Shelby Young, Nathan Burns.



Wind Symphony

Front Row: Kristin Davies, Megan Power, Megan Lam, Amanda Bell, Kerry Dumas, Jody Villalobos. Row 2: Men Stodenburg, Claire Dyer, Sarah Lynn, Paul Kuehn, Sarah Johnson, Sarah McFarland, Jody Ring, Jody Mitchell, Nick Hamilton, Jody Villalobos, Nathan. Back Row: Kate Heuserman, Shanna Robinson, Steve Anderson, Mike Woods, Michael Davidson, Anne Johnson, Robbie Van Weiden, Stephen Murr, Carl Stodenburg, Bobby Starace, Maren Bush, Adam Giger.



Orchestra

Front Row: John Zinn, Sarah Sun, Hanh Nguyen, Caroline Gravel, Caitlyn Campbell, Elizabeth, Kayla (Korner), Ryan, Angela, Dean Butler. Row 2: Len Nguyen, David Staver, Miley Gerner, Phuong, Amanda Baumgardner, Rachel Kodomon, Blayna Wilson. Row 3: Sarah Savoy, Kyla Stodenburg, Jessica Walter, Jackie Tunge, Madison Williams, Rene Reynolds. Back Row: Stephen, Jennifer, Jeff, Jason, Dean, Tracy, Katray, Brian, Ben, Mya Williams, Sam Hirsch, Holly Maysenburg, Jeffery Moore, Kasey, Rene, Not Pictured. Travela Brown, Kristina Danin, Britta Hadley, Carlie Rader, Kasey Whitfield, Nelly Buiyuan, Emma Dyer, Gaila Khudari, Danka Koutayev, Hagan McKee, Abby Maysenburg, Ghazal Mandy, Alyssa Mounphokay, Tran Nguyen, Kasey Stowers.

National Honor Society

Front Row: Mikee Phangasorn, Jaeli McCuan, Holly Bourysath, Christine Hie, Jessica Vong, Ashley Gogerty, Kate Price. Row 2: Alyssa Ellis, Brittany Grochala, Jennifer Chang, Amanda Bellis, P's Vong, Chelise Rie. Row 3: Brianna Lisovsky, Ashley Knapp, Tiffani Gutierrez, Shelby Smith, Amy Ritchie. Row 4: Chris Miller, Taylor Whitington, Kee Vard, Kyle Singer, Gianni Beck, Sarah Johnson, Michael Stale. Back Row: Christopher Williams, Kyle Thompson, Allen Van Gundy, Scott Jensen, DeAngelo Hall, Sarah Lowin, Stephen Nuff. Not Pictured: Catherine Coleman, Jackson Kirby, Audriana Lu.



National Council on Youth Leadership

Front Row: Allen VanGundy. Row 2: Mikee Phangasorn, Jessica Vong, Amanda Roth, Samantha Roth, Alyssa Ellis, Narelle Buffalo. Back Row: Amanda Bellis, Sarah Lowin, DeAngelo Hall, Christopher Miller, Tiffani Gutierrez, Sarah Johnson, Audriana Lu. Not Pictured: Emma Diver, Brittany Grochala, Teri Maye, Chantell Moody.



National English Honor Society

Front Row: Sponsor Michelle McPherson, Jessica Vong, Christine Hauert, Sponsor Kym Traczyn. Back Row: Diamond Turner, Erica Rockey, Amy Ritchie, Courtney Bolman, Ben Baumbach, Christopher Williams. Not Pictured: Audriana Lu.



Pep 'E' Club

Front Row: Nuong Nguyen, Maayn Sayre, Mackenzie Schmitt, Mikee Phangasorn, Jessica Vong. Row 2: Amanda Roth, Sam Roth, Jannita Morales, Ka Lee. Back Row: Brittany Grochala, Doran Minter, Tiffani Gutierrez, Ashley Kasper, Jamie Drake, Kayla Woappen, Holly Meyersburg.



Pep 'E' Officers

Front Row: Amanda Roth, Kayla Woappen, Brittany Grochala, Tiffani Gutierrez. Back Row: Doran Minter, Maayn Sayre, Kelsey McCuan, Jamie Drake.





Senior Board

Front Row: Alyssa Ellis, Samantha Roth, Brittany Grochals, Amanda Roth, Donen Mirien. Row 2: Aime Ring, Narelle Buffalo, Austin Looks, Adam Seiger, Kayla Koepfen, Nick Ellis, Ashley Kasper, Mickie Phangsiaroun, Mayyn Sayre, Kelsi McGuen, Jodi Jackson, Sean Logan. Row 3: Jessica Vong, Christine Her, Ka Lee, Ethen Van Halton, Paige Shannon, Nuong Nguyen, Allison Camick, Jared Weatherall, Taqui Dufemaler, Justyn Lewis. Back Row: Audi Lu, Nick Mongar.



Student Government

Front Row: Mickie Phangsiaroun, Mackenzie Schmitt, Mayyn Sayre, Ashley Kasper, Caitlin Schuler. Row 2: Tiana Gutierrez, Kayla Koepfen, Jammy Sullivan, Kelsi McGuen, Alondra Gonzalez, Jamie Harris, Pennie Brand. Back Row: Sponsor Samy El-Baroudi, Austin Looks, Brooke Green, Justin Crona, Donna Langford, Derek Meath, Narelle Buffalo.



Top 3%

Front Row: Nuong Nguyen, Jessica Vong. Row 2: Abby Meyersburg, Audiana Lu, Sarah Johnson, Alyssa Ellis, Amanda Bellis, Kee Yang, Kyle Singer. Back Row: Chris Miller, Tiana Gutierrez, Benjamin Baumbach, Emma Oliver, Jared Weatherall, Scott Jensen, Taylor Whittington, Deangelo Hall.



Top 15%

Aaron Baker, Andrew Ballard, Gianni Bean, Phetsalath Buanyaiath, Jazmyen Brown, Charles Bhumbaugh, Narelle Buffalo, Catherine Coleman, David Darling, Irma Dominguez, Jaima Drake, Israel Durbin, Adrian Em, Jacob Enotts, Brittany Grochals, Christine Her, Ashley Kasper, Phouthasac Keoprasouth, Chelsea Jensen, Ka Lee, Sean Logan, Sarah Low, Yolanda Marquez, Luis Mata, Tia Mays, Ian McDonald, Jordan McGuff, Guadalupe Mendoza, Samantha Mile, Alyssa Moonchovay, Stephen Nutt, Rubi Ortega, Christian Parker, Mickie Phangsiaroun, Samantha Roth, Amanda Roth, Travis Stewart, Car Stroumborg, Allen VanGundy, Ethen VanHatten, Jacob Watkins, Stephan Wash, John Whiteman.

Scroll

Front Row: James Ryan, Jessica Long, Ashley O'Neil, Justin Lo. Row 2: Tina Banks, Tami Casanova, Eric Rickett, Charles Stephens, James Lee, Travis Williams, Jordan McNelly, Brian Van Gundy, Dan Baumgardner.



Quilt

Front Row: Brittany Byrnes, Keneida Ellis, Morgan Kaye, Ashley Keener. Row 2: Anna Lynett, Jordan McGill, Jay Williams, Nicholas Moser, Amy Parker. Back Row: Aileen Camak, Kyle Vly, Scott Thompson, Kyle Dismickson, Mario Monroig, Guards: Not Pictured, Larissa Conner, Emma Davis.



Business Professionals of America

Front Row: Jenny Sullivan, Sharda Mahan, Chelise Rennie. Back Row: Sponsor Mary Jane Klumberg, Ed Hedberg, Adam Rennie, Pam Walker.



Debate

Front Row: Scott Lucas, Row 2: Jessica Weaver, Angeline Lawson, Jennifer Young, Ashley Robinson. Row 3: Frazier Bauer, Pam Rickett, Charles Hughes, Diamond Turner, Joseph Jaume, Medora. Back Row: Ash, Crutch Smith, Young, Regener Robinson, Jeff Searcy. Not Pictured: Emma Dwyer, Elan Coley, Teller Rouns.



"We the People"

Front Row: Vanessa Avant, Jessica Long, Kelly Rounsvall, Amanda Cox, Norene Dallas. Back Row: Chris Miller, Israel Quinn, Phoebe South, Austin Woods, Fernie Bland, Taylor Williamson, Ben Baumgardner. Not Pictured: Justin Lo.





Upward Bound

Front Row: Toi Vang, Lucy Brunsden, Jenny Chen, Yeping Wang. Back Row: Trina Howe, Pruthiack Keuchiedin, Kae Vang, Gelfinged Hall, Dunlap Hall, Noe Howard, Karen Rodriguez, Hilda Lopez, Kyia Terry, Chancy Swellington, Jessica Jones, Ra Yee.



Science Bound

Front Row: Suannal Anzelle Benuwip, Aiana Reyes, Spencer Blair Hunt, Roy Z, Crystal Moody, Ashley Demetri, Caroline Aguilar, Jessica Rodriguez, Carmen Camacho, Marquisha Haygood, Yvette Omega, Alina Salas. Back Row: "Michael Thomas" Emson Moody, Diamond Turner, Pennyae Harte, Brianna Williams, Adriene Stothouder, Jesse Rodriguez, Luis To, Mate-Pared, Not Pictured: Ruby Muniz, Demetri Oliver.



Project Sewing Machine

Front Row: Camie Greaser, Taysa Shannon, Jene Bowen, Jessica Smith. Back Row: Tammy Barley, Susan Nguyen, Kara Stroud, Ruby Muniz, Celly Wescott, Lucy White. Not Pictured: Aly Hernandez, Guadalupe Mendosa, Crystal Spurgeon, Elizabeth Grah, Samantha Johnson, Shawna Wilbur, Ashley Nelson, Kayla Goun, Tanisha Madison.



Library Aides

Front Row: Chisayo Nelson, Kim McCallister, Jarrell Reyes. Back Row: Dudley Bellal, Austin Rippinger. Not Pictured: Mattias Brunick, Allison Mullis, Greg Warner, Mike Wyood.

New Horizons

Jorge Aguilar, Jordan Eaves, Joseph Bright, Antonio Carle, Chakelia Clark, Inna Dominguez, Brandon Friesleben, Jessica Garbes, Sierra Gearhart, Nicole Glau, Jacob Grampel, Lakesha Hall, Jacob Haering, Britney Melmiers, Ryan Hewitt, Dreletha Hilder, Janna Jackson, Brandi Johnson, Tim Jones, Aramy Lawrence, Chereese Lewis, Phraitha Manson, Marlier Marquez, Lori McGee, Jamie Odgersen, Ana Puga, Kyril Rice, Dami Samuels, Britney Semogzins, Jamie Steward, Jason Swannick, Alan Thompson, Kelsey Walker, Chisea Wilson, Derek Wellensell, Courtney Young, Nicole Yano.

French Club

Front Row: Madison Williams, Crystal Whisenand, Jessica Schmeckel. Back Row: Sponsor Jennifer Weh, Thomas Allen, Janel Dixon, Sponsor Amanda Elmers.



Spanish Club

Front Row: Linnea Morris, Kerla Gruwell, Jennifer Chang, Natalie Buffalo, Tina Spagnolo. Back Row: Mario Morales-Figueroa, Andrew Brewer, Sammy Jones, Ka Lee, Sarah Son. Not Pictured: Citeena Fleming.



Japanese Culture Club

Front Row: Christina Demost, Chelsey Hauser, Skylar Chandler. Row 2: Mariah Gynn, Sarah Combs, Andrea Mart, dropped. Back Row: Katie Woods, Amy Ritchie, Kyle Moore, Miranda Cantrell, Emily Brown. Sponsor: Michelle McPherson.



INSSA

Front Row: Jennifer Young, Tessa Helmers, Ashley Gogerty, Daisee Korber, Katie Price. Row 2: Camille Buchanan, Brian Gohsen, Shelby Carr, Chauncy Swaffington, Joanna Peters, Cody Shepard, Dionna Langford, Austin Locke. Row 3: Taylor Pettit, Michael French, Hillary Dickens, Janet Roaza, Kenzie Channon, Madison Williams, LeRissa Connell, Ali Stuhl, Michelle Lovett, Claudia Kyalangualiwa. Back Row: Andre Johnson, Michael Davidson, Chelsey Hauser, Rosie Carr, Tim Williams, Brenda Baccam, Alyssa Mounpoxay, Nary Bounyalath, Naipong Vang, Chris Williams. Not Pictured: Amanda Coleman, Taure Delaney, Zach Downing, Jordan Duckworth, Justin Duckworth, Liz Godoy, McKenzie Langerud, Megan Linn, Jairo Morales, Phuc Nguyen, Jessica Short, Travis Stewart, Brittany Stilson, Devin Waters, Kaleb Williams, Michael Wood.



Art Club

Destiny Eddy, Michael French, Samantha Bosch, Taylor Pettit, Kyle Grantham.





Exchange Students

Kidner Eui, Franz Bauer, Abdul Saied



Academic Decathlon

Milton Mackay, Heipeng Wang, Jessica Ryan, Sarah McFarlane



Mimes

Front Row: Dashaan Lund, Nathan Reim, Ahmed Abdelwahim, Chris Owens. Row 2: Amanda Robbins, Bradley Kettler, Jarenian Harrington, Maria-Monica Velasquez, Stephanie Campbell, Tom Reasoner, Jessica Cerasios, Ivan Lopez, Nathaniel Varivon. Back Row: Kharmedy Terrill, Brent Jones, Cameron Thompson, Sera Woon, Chelsea Brooks, Andrew Worey, Ron Carter, Jocelyn Bimler, Kimmie Patterson, Kelsie Bernard, Kelly Kelsey.



Voices of Change

Front Row: Luis Lewis, Sammie Best, Tyrre Kemp, Saleha Harrold. Row 2: Pauline Dix, Tiffanie Hutton, Daquinta Sumlin, Chekeshia Clark, Paige Updike, Ashlyn Robinson. Back Row: Tyrel Rounds, Michael Davidson, Missy Morton, Jordan Wentland, Allie Stuhr.



Sisters for Success

Sahreen Al-Hameed, Dominique Brown, Brittany Cameron, Ebony Cameron, Mykel Cameron, Jeroline Collins, Breann Elgin, Jessica Gaines, Deja Green, Tremisha Holder, Ariel King, Leanne Lochan, Tia Mays, Javanna Nelson, Tiffanie Porter, Ashlyn Robinson, Madison Ruge, Brittany Scruggins, Kyra Seay, Daquinta Sumlin, Kharmedy Terrill, Lauren Williams, Sara Woon, Kayla Woods, Markisha Wright.



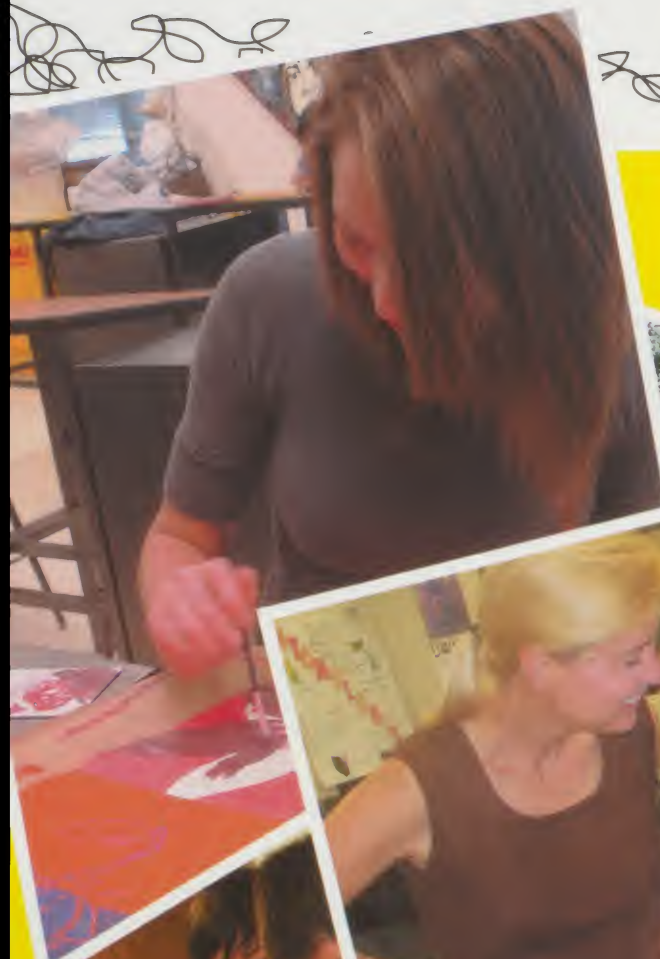
Marching Band

Front Row: Sarah McFarland, Jacob Bellman, Kase Heuermann, Tony Hall, Megan Rowat, Adam Geiger, Sarah Lown, Robbie Van Weelden, Brianna Robinson, Jordan Cirksema, Caleigh Morman, Stacy Anderson, John Whiteman. Row 2: Kara Stroud, Devin Stuve, Marisa Kimmel-Kendrick, Madison Williams, Samantha Jones, Kristin Alexander, Narelle Buffalo, Claire Diver, Meri Stoutenburg, Shelby Wilson, Jessica Schnoebelen, Paige Kialmann, Kristen Davies, Allie Ring, Sarah Johnson, Pennie Bland, Austin Locke, Destiny Eddy, Kalea Delk, Kylie Grantham,



Shawna Wilson, Row 3: Megan Thurmond, Justin Crone, Shelby Jackson, Faith Burner, Michael Davidson, Johnica Hudson, Cedric Arcella, Katie Woods, Jacob Balliff, Nathan Burnett, Bobby Young, Josh Lyon, Stephen Nutt, Morgan Bush, Miles Hackett, Nick Hamilton, Brittany Stilson, James California, Thomas Allen
 Back Row: Kenny Cortum, Hollie Russell, Jay Villalobos, Cody Mitchell, Bobby Starace, Megan Lein, Matt Drew, Carl Stoutenburg, Travis Tulje, Andre Johnson, Travis Stewart, Amanda Bellis, Taylor Pettit.

[academics]





Knownledge

did you know...

■ ENGLISH IS the most widespread language in the world and is more widely spoken and written than any other language.

■ OVER 700 million people speak English, as a foreign language.

■ ENGLISH IS the language of navigation, aviation and of Christianity; it is the ecumenical language of the World Council of Churches.

JUNIORS ALEC MARTIN and George Lijadu look through their literature book, looking for answers to their read and response questions.

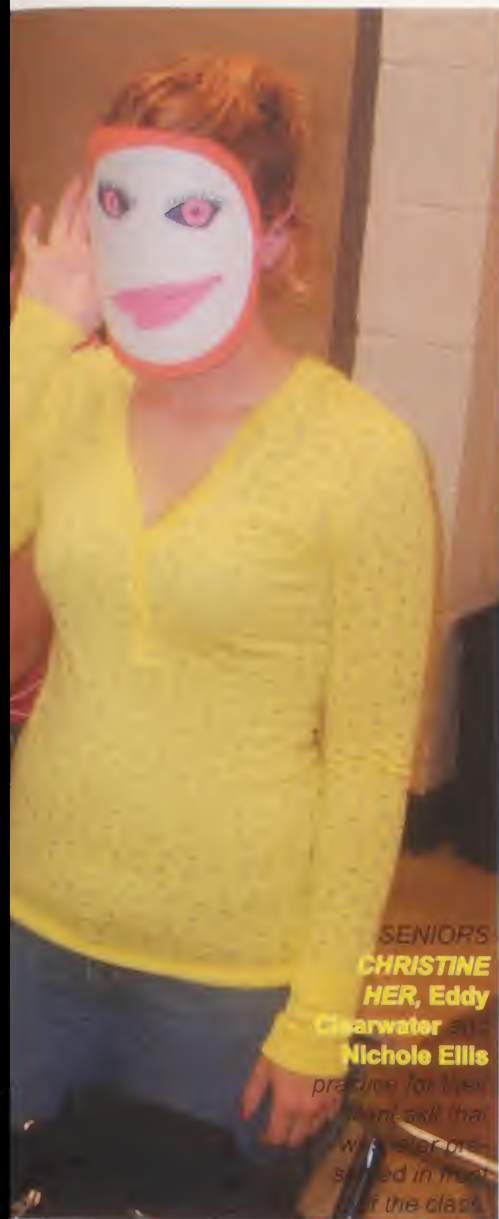


JUNIOR STEPHANIE JANSSENS is excited to go to her English class because it was her favorite subject of the school year.



LINSEY GRAMS, an anchor from FOX 28's Good Day Iowa came and spoke to Borstad's classes about background information of her life and being an anchor for FOX.





SENIORS
CHRISTINE
HER, Eddy
Clearwater and
Nichole Ellis
practice for their
skit about Oedipus
finding the truth.
of the class.



FRESHMEN TESLA
DAVIDSON and Jeff
Date sit in the hallway
reading a story that they
missed from the previous
day's lesson.



SENIORS MACKENZIE
SCHMITT, Christopher Overman,
along with junior Christopher
Williams do a silent skit about
Oedipus finding the truth.

OCTOBER 2007
1 2 3 4 5 6
7 8 9 10 11 12
13 14 15 16 17 18
19 20 21 22 23 24
25 26 27

Literature is the key to inspiration

Story/layout by: Hannah Kilby

Senior Kacey Wollesen is one of the many girls that took one of the new English electives, Women in Literature. This course contains a lot of material written from, by, and about women. Pamela Harshbarger picked up the class as an extra to teach, and it was the first year that it was offered.

"I like this class because there are only girls in this class and there are no distractions from the boys like there is in my other classes," said Wollesen.

Advanced 11th grade English was offered and taught by Fredrick Hunter and Shawna Green. This course moved faster than regular English and had more reports and projects, higher levels of discussion and more advanced materials. AP English 12 was offered as well as regular English 12.

Linda Saddoris taught this course and had to send in her lesson plans for the year to get approved as an Advanced Placement class, in order to be counted as college credit. There are three DMACC credits provided, as well.

"I took this course as a junior because I am ahead in my English courses," said junior Christopher Williams. "These courses will help me out better in the long run and in my college career because I will have more experience in writing college papers and taking college exams."

Creative Writing is another elective English course that is taught by Hunter. This course was taken by students of all four grade levels. Three DMACC credits were given to all of the students, excluding freshmen.

"I liked this class because it really helped me think deeper about writing and the styles of writing. I love

writing because I can express all of my feelings on paper through my words," said senior Kristi Kiefer.

Between all of these new and crazy courses, normal English classes were still held. They prepared the students for college, like the advanced classes, but major differences were the pace and materials taught.

"I liked regular senior English better because the teachers took a lot more time, fully explaining things and didn't just move on like college professors," said senior Abigail Miller.

Freshman and sophomore classes also had advanced courses. In these classes the teachers spend a lot of time on the six characteristics of writing: ideas, organization, voice, word choice, sentence fluency and conventions. They also spend time on plays, skits and getting ready for junior English where the students read more advanced plays such as, The Crucible and Romeo and Juliet. They learned concepts like alliteration, metaphors, similes, sexual innuendos and cliché.

"My English class was a lot harder than middle school English. They taught us so many harder words, but I definitely liked freshman English

way more than eighth grade," said freshman Tesla Davidson.

The sophomores that had Michelle McPherson enjoyed her magic word the most and it was a fun way to learn new vocabulary words. There was a test at the end of the week, and a review of the words was due as well.

"Junior English was my favorite because Ms. McPherson was so cool, and understood more of what we were going through, because she is younger," said senior Casie Johnson. "I loved Magic Words!"

my English class
was a lot harder
in middle school.
They taught us
so many harder
words, but I de-
finately liked
freshman English
better

STUDENTS LISTEN
and take notes about
exponential notation in
Gitanjali Singh's class.
They learn how to show
roots with exponents.



STUDENTS ABOVE
calculate extremas
in **Robbie Malm's**
Pre-Calculus class. A
graphing calculator
is almost a necessity
for higher level math
classes.

X

STUDENTS IN
Lacy's math class
work on their di-
mensional equation
work. This was
Lacy's first year
teaching at East.



did you know...

y

26

academics

■ **AMONG** all shapes with the same perimeter, a circle has the largest area.

■ **THE** record for memorizing the most digits of Pi (3.14...) is held by Hiroyuki Goto. He recited 42,000+ digits in nine hours in 1995.

■ **IN** New York, at any given time, at least two people live with the same number of hairs on their head.

■ **IN** a group of 23 people, there is a 50 percent chance that two people have the same birthday.

Calculating futures

Story/layout by: Kyle Omundson

WITH THE ADDITION of two new math teachers (**Elston Lacy** and **Jane Ciarfella**), the math department has undergone some changes this year. This was the last year that consumer math was offered to students.

Three years of math is required for graduation starting with the class of 2009.

"I didn't take math this year," said senior **Steven Crees**. "I already had my required two years of it to graduate."

Teacher **Karen Cross** said, "Math has to get us to where we are going in our careers."

In opposition to this statement, some students believe that math is not necessary for a successful career.

"I like math, but I really don't need it," said sophomore **Molly Hinman**. "I've always wanted to be a lawyer, because I can argue a lot."

Others believe that math can be a fun class if teachers have ways to make students look forward to coming to class.

"It gets to be fun sometimes, but it's boring when you have to work continuously every day," said sophomore **Leilani Baugher**. "Learning can be fun if teachers can find ways to incorporate games into learning."

The math department has teachers that want students to succeed in math. They are willing to go

the extra mile to help out students that are having trouble in math. Tests and quizzes are some of the most stressful and dreaded events in the classes for most students.

Teacher **Dena Harms** uses the phrase "parties" to represent tests and quizzes. She expanded on this idea from one of her son's teachers.

"I look for ways to relieve test anxieties," said Harms. "Kids can get real nervous for a math test.

Using music, and sometimes treats, is one way to try to relax them."

Students are appreciative of the equipment that they are provided to use in math classes. Expensive calculators are almost a must in all of the math classes. Luckily, class sets are available for the students to use to complete math work.

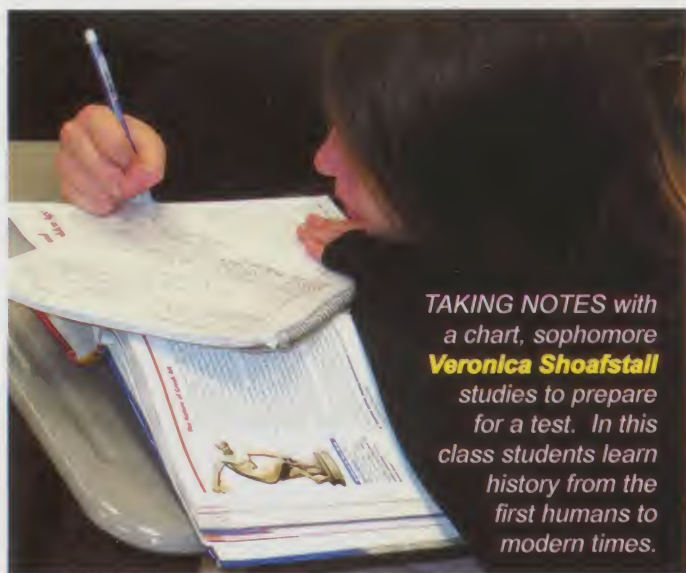
Junior **Adam Robbins** said that he's glad that he had his up-to-date graphing calculators to work with. Without them, he believes that he would not have done as well this year in pre-calculus.

Math can sometimes be a difficult subject to grasp the understanding of, but with the help of teachers, math is becoming a subject that students are starting to accept and cope with having for a class.

Junior **Kerri Gruwell** said, "Actually, math went okay for me. I started to understand it this year."

math has
to get us to
where we
are going in
our careers.

FIRST HOUR world history students learn about ancient Greek art at left. Below, sophomores **Seth Hinshaw** and **Cherish Bensley** take notes from class discussion.



TAKING NOTES with a chart, sophomore **Veronica Shoafstall** studies to prepare for a test. In this class students learn history from the first humans to modern times.



A new look

into history

Story/layout by:
Emma Diver

HISTORY HAS NEVER been recognized as the most exciting class in any given schedule, but at East, six teachers do their best to make sure the class is one worth taking.

To show how exciting history can be, often teachers bring in speakers who tell their own story or help to bring dull facts to life.

Junior **Faith Burnett** said bringing a speaker lets students know that other people find history fun and worth knowing.

"When it's more than just a teacher saying this is important, memorize it; class becomes more than just a set of dates: it's someone's life story."

Teachers also try to show students a different perspective on history or tell it as a story rather than have everyone memorize facts and dates.

Movies and having students act out plays or have an active role in class rather than simply be in a lecture set-up, teachers say, makes each

person more involved in the class.

"Acting out parts of history or writing a story about the French Revolution makes it all seem more real and easier to remember," said senior **John Whiteman**.

acting out
parts of his-
tory or writing a
story about the
French Revolu-
tion makes it all
seem more real
and easier to
remember

Teachers also try to get their students involved by doing projects and letting them present the information to each other.

Students sometimes listen better when being taught by their peers rather than an instructor, according to sophomore **Meri Stoutenburg**.

"A lot of kids will just tune the teacher out, but they'll listen to their friends when the teacher makes them research and teach something."

History at East goes beyond the classroom and affects students more

than giving them a period to sleep in.

Whiteman said, "I've actually started to enjoy the class since I got out of middle school."

did you know...

■ **MASSACHUSETTS** had a fine in 1657 for anyone celebrating Christmas.

■ **ONLY ONE** of the Seven Wonders of the World still survives: the Great Pyramid of Giza.

■ **THE FIRST** European city in America was settled by the Spanish in Florida, 1565.

TEACHER **DEREK Sum-**
my's first hour American
History class studies while
he lectures, above.

history

129

Electing

leaders

Story/layout by: Kyle Omundson

WITH GOVERNMENT AS a required course for graduation, many seniors were more informed on how to vote in the 2008 presidential election.

According to teacher **Stan Thompson**, his government class usually covers caucuses towards the end of each semester. But this year, he covered how they work earlier in the semesters.

This year, students got the chance to see the political views of presidential candidates in the 2008 election.

"I had to adjust my teaching schedule this year to correlate to the presidential races," said Thompson.

Government classes study the three branches of government (executive, legislative, and judicial), the Constitution, political aspects, interest groups, individual rights, and personal liberties, as well.

Senior **Brittany O'Dell** said, "Advanced government was not my highlight of the year, but it was okay. When we gathered into circles and discussed things, it was fun."

"I was surprised at how well I understood the class," said senior **Wade Niffenegger**.

Niffenegger agreed that going over government development issues in a circle of desks was pretty interesting.

Economics classes study what it takes to run a successful business. Students in these classes took real risks in buying and selling products with the use

of real money in the student companies. Students had to give up money out of their own pockets to buy stock to be able to order their products.

But, as the products sold, they began to recover their money from the sale, and even gained some.

According to teacher **Samy El-Baroudi**, a new set of textbooks were given to students to study from this year.

"I think the class is really easy," said senior **Amanda Bellis**. "It's the class I would be really bored in, but El-Baroudi makes it interesting and entertaining."

The student companies have departments in them that deal with real parts of a company. This includes human resources, production, marketing, and finance.

"This class was awesome this year," said senior **David Darling**. "I wouldn't have had 98% for a grade if I thought it sucked."

Students also dealt with buying and selling stock in order to make money off of the product. Students liked this, especially because they could possibly gain a profit.

Both government and economics prepare students to face real life after high school and be successful in the future.

Bellis said, "It's interesting how much economics applies to everyday life. There's so much of this class that I can take out into the real world."

there's so much
of this class
that I can take
out into the real
world

PRESIDENTIAL
CANDIDATE **Barack
Obama** enjoys
a meal while he
discusses political
matters. Over the
summer, he made
an appearance at
the Iowa State Fair
as well.



PRESIDENTIAL
CANDIDATE **Hillary
Clinton** presents
a speech about
her vision for the
country if she is
elected president.
Her goal is to be the
first female president
of the United States.



130

academics

JUNIORS Kaydie Boyd and Chris Sullivan collect and record the money they have collected in sales from their student company. Students have total control over how the company runs.



did you know...

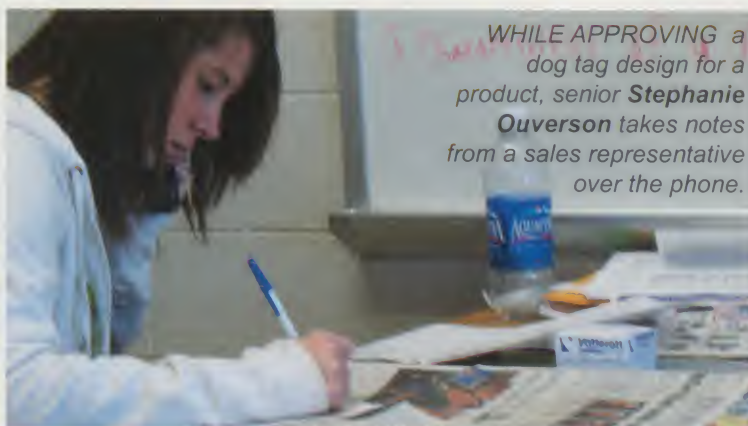
■ A CANDIDATE with the largest number of popular votes will not always win an election.

■ ICELAND had the world's first legislature in 930. It had 63 members in its house of government.

■ WITHOUT scarcity, there would be no need for economics.



STUDENTS IN Thompson's government class listen as student teacher Brian Koch explains federal courts and how they function. Koch was at East for most of the first semester.



WHILE APPROVING a dog tag design for a product, senior Stephanie Ouverson takes notes from a sales representative over the phone.

government/economics

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Dissecting is the way of life

Story/layout by: Casie Johnson

BIOLOGY, THE STUDY of life. Earth Science, the study of the earth's systems. Sounds boring, right? But with labs, projects, and different videos, it tends to be fun.

"In my class I try to do a little bit of everything," said teacher **Lowell Long**. "I do a lab one day, an assignment the next, and then a video. It helps keep the class fun."

Some of the labs the students did in biology were dissecting rats, and night crawlers and examining pond water through a microscope. In Earth Science some of the projects were studying plant and animal cell models, and measuring the distance between the planets in a "reasonable perspective."

"The PH balance lab we did was fun," said sophomore **Destiny Eddy**. "We had different substances and PH paper and then had to find out the PH balance in the substance."

Between the labs, projects and all the fun, there still has to be a time for bookwork and tests. With learning all of the complicated steps to the different cycles and the vocabulary, things tended to get a little tough.

"The bookwork isn't fun," said sophomore **Quintin Hall**, "but I think it expanded my horizons for the future."

we had different
substances and
PH paper and
had to find out
the PH balance in
the substance

A new class offered this year was honors biology, much like biology but with a lot more labs that went more in-depth. The labs include: looking at blue-green algae, an onion cell, and ameba through the microscope. Second semester was based on dissection and students dissected everything from night crawlers to fetal pigs.

"I took biology my sophomore year," said senior **Naly Bounyalath**. "Now I take honors biology. It's a lot more work, but the labs we do make it so much better."

A positive thing about taking honors biology is that DMACC offers three college credits per semester. This is a good way to get ahead in a college career for free. The credits that are received transfer to most colleges and universities.

"The primary reason I took this class is because it's free and would be ten times harder in college," said senior **Stephen Nutt**.

Even with all required courses taken in order to graduate, a student should think about going on. There are many classes in every subject that offer college credits.

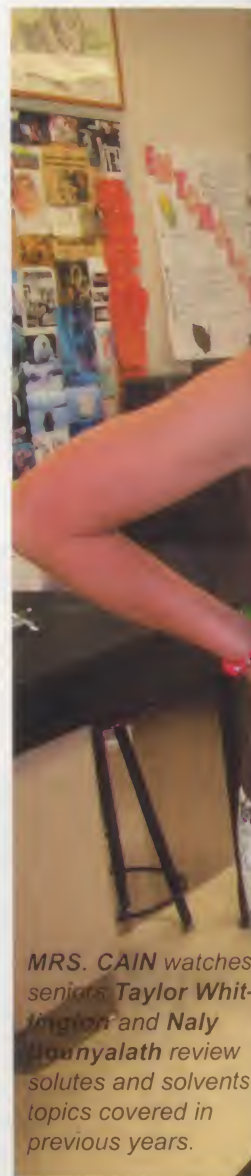
"I took many college credit classes while in high school," said Bounyalath. "It's only going to better me in the future."



JUNIORS
Quintin Hall and
Justin Medearis take
time to study for an
upcoming test.



JUNIOR MARIO
Moreno and senior
Taylor Price conduct
an experiment on
chicken liver.



MRS. CAIN watches
seniors Taylor Whit-
ington and Naly
Bounyalath review
solute and solvent
topics covered in
previous years.

did you know...

■ THE STRONGEST muscle in your body is your tongue!

■ THE HUMAN heart has enough pressure when it pumps to squirt blood 30 feet.

■ THE TOP TEN feet of the ocean hold as much heat as the entire atmosphere.

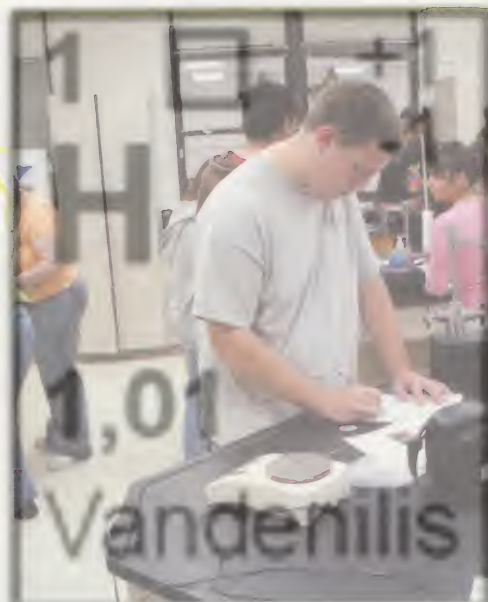


did *know...*

■ THE GRAVITATIONAL pull of a black hole is so strong it can pull in light.

■ HYDROFLORIC acid will dissolve glass.

■ SHORT, FAT, cold wires make the best conductors.



JUNIOR Bobby Starace gets help from teacher Carolyn Strickler during a lab. Students were experimenting to find the mass of isotopes.

New classes,

new opportunities

Story/layout by: Amanda Bellis

TYPICALLY A FRESHMAN at East would take a general science course, but this year freshmen were given the option of physics as well.

"Freshman physics came about because we wanted to give the freshmen more choices in their high school science path," said physics teacher **Crosby Lester**. "Many freshmen already had the math skills for physics, so we decided to give them the chance to take it."

The idea of freshman physics is to give students the opportunity to take a higher level, more challenging science course.

"Physics is harder than any science class I have ever taken," said freshman **Taylor Pettit**. "The class is fun and I like it, but it is really challenging."

While the freshmen are challenged in their physics classes, upperclassmen work just as hard to master the material in Physics A.

"Physics is not a bad class to do well in, but if you get behind it's really hard to catch up," said senior **Sarah Johnson**.

we wanted to give the freshmen more choices in their high school science path

This year's chemistry classes had new things happening as well. This school year begins a class known as "project-based chemistry," a class in which students are given a problem and then asked to design their own experiments to solve them.

"The chemistry in these projects is all related to everyday items and phenomenon," said chemistry teacher **Annette Bierkamp**. "The students seemed to like the change in the delivery of the material."

In regular chemistry, students are delving into scientific

history by researching the history of the atom and different scientists. Part of the study is to discover how different scientists used each other's ideas to make new discoveries.

Chemistry is another course that presents a challenge to those students that take it.

"Chemistry is a very difficult class, but the teachers try their best to make sure everyone understands it," said junior **Faith Burnett**.

Bierkamp agrees. "The hardest part about teaching chemistry is getting the students to come in when they need help. Chemistry is often the first difficult subject for these students and they often struggle until they come in to get help. I come to school early and stay late just to help students if they need it."



AT FAR LEFT, sophomore **Nadia Tyler** and junior **Michael State** wait for a test run of their lab. At left, students in **Nancy Duncan's** 3rd period Physics A class work on their motion lab.

chemistry/physics

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Learning from reality

for reality

Story/Layout by: Mario M-Figueroa

STUDENTS IN THE Family and Consumer Sciences classes are getting to learn more about human growth and development. With all the news with toy recalls and sexually transmitted diseases, it is smart to take these classes.

"Interesting or special things are often taught based on what is happening out in the real world," said family and consumer science teacher **Donna Adams**.

In the past year, many toys have been recalled from store shelves. Many parents worry of lead paint in toys, and if it is safe to keep bringing toys from overseas. With the RC2 Corp. and other companies pulling out more than 1.5 million toys, students think it's good to hear about it in class.

"There are many unsafe toys out there. We as future parents, and those students who already are parenting a child, need to learn on how to deal with these situations," said sophomore **Kayla Groh**.

Both the child development and parenting classes teach tips on how to avoid hazardous toys. Checking the amount of lead in toys is one of them. It also gives you tips on how to avoid small parts and choking hazards.

"Currently I'm not a parent but some day I might be,"

said sophomore **Dulce Anaya** "When that day comes, this parenting class will come in handy in keeping my child safe from toys."

In most parts of the world the fight against sexually transmitted disease continues. There are still a growing number of sexually transmitted diseases. Among these are chlamydia and gonorrhea, which are reaching record numbers. The students in the relationships class learn

about many different sexually transmitted diseases and deals with sexual relationships.

"It is good for teenagers to know this, especially because more people are deciding to have sexual relationships early in their years," said junior **Lacey Brown**.

Relationships class doesn't only focus on dating or marriage relationships. It includes parent, teacher, friend, and every day relationships. With the growing number of marriages ending up in divorces, students think it would not be all that bad to take this

helpful class.

"Many times people don't know how much this class helps but it does," said junior **Elizabeth Medina**. "It would be smart if this knowledge could be used in my marriage someday, but for now in my everyday relationships".

it is good for teenagers to know this, especially because more people are deciding to have sexual relationships early in their years.

did know...

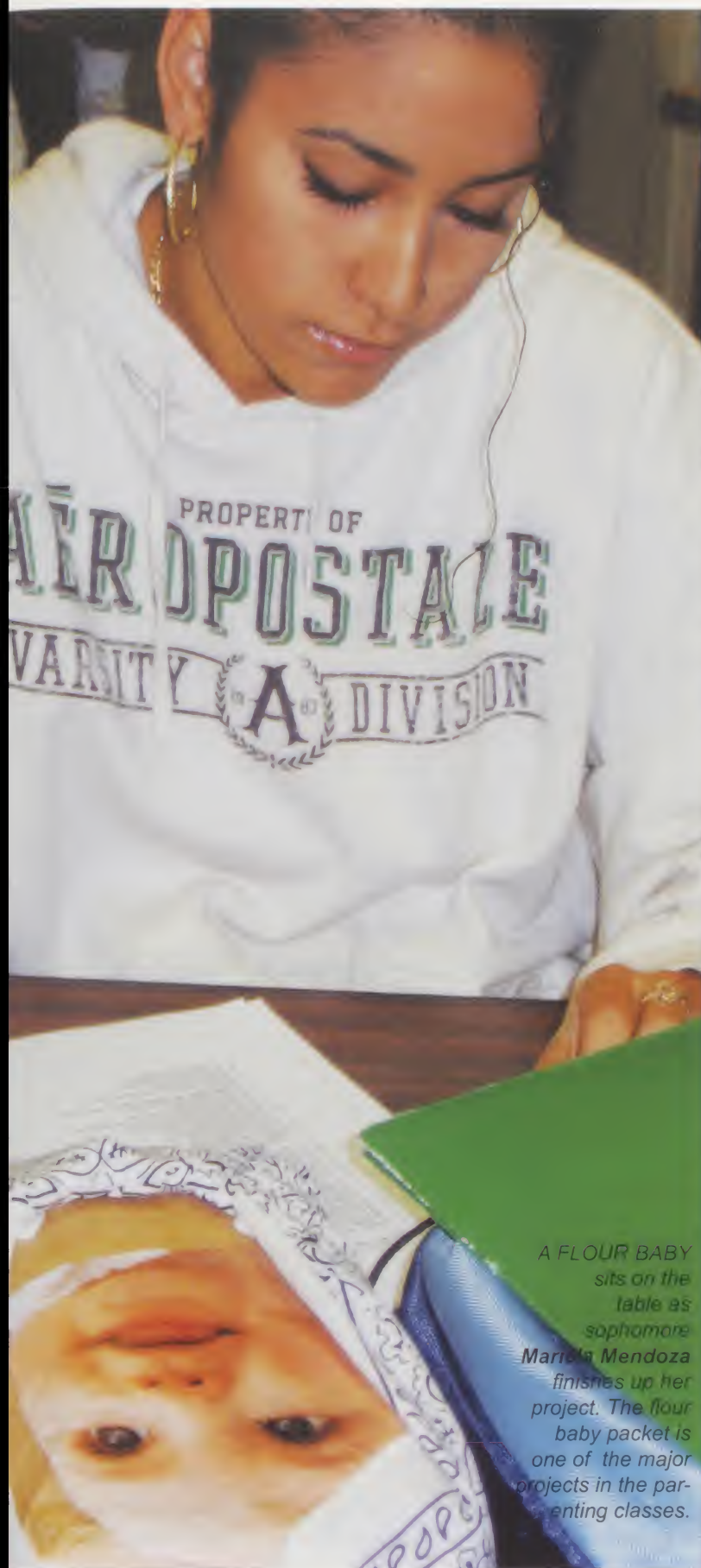
■ ABOUT 75% OF new marriages fail and end up divorced.

■ THUMBSUCKING has been observed 7 weeks after conception.

■ BY 8 WEEKS, all body systems are present in a fetus.

SOPHOMORE **KELSEY Walker** and senior **Jessica Hernandez** discuss their project for child development. Most assignments were done with partners.





A FLOUR BABY sits on the table as sophomore Mariela Mendoza finishes up her project. The flour baby packet is one of the major projects in the parenting classes.



...baby. The baby lesson is only offered in the child development...



STUDENTS DO research during a lab day. There are many helpful websites to browse through and find tips on parenting.



JUNIOR JENNY Chai smiles as her partner sophomore Tiffany Robbins finds pictures for their poster. Students had the choice to bring in parenting magazines for extra credit.



TOP: STUDENTS act as models to show off their designs in the fashion show. Middle: Sewing students practice their knitting skills in their down time in class. Bottom: Senior **Kacey Wollesen** learns how to cook an omelet in a bag in foods class.



SENIOR PAIGE SHANNON gets her quilt ready to sew. This was just one of Shannon's projects for sewing.

Just showin' a little

talent

Story/layout by: Casie Johnson

HAVE YOU EVER WALKED down the hallway and smelled all the delicious food, or see the creative clothing designs in the display cabinets? How about gone to one of the fashion shows? If not, you're missing out on the family consumer ant."

Sewing, like other classes has different levels. In sewing one you learn the basics of sewing, like how to run the sewing machine, and how to thread a needle. Sewing two, three, and four are very similar. The only difference is as you go through the different classes your projects and things you make become more creative and difficult.

"I like to be creative in what I make," said junior **Chelsea Rife**. "You have so many different things that you can make."

Every year the sewing class puts on a fashion show for the school. The designs that are used in the show, the kids made. This gives the students a chance to show off their talent.

"The fashion shows are really neat," said senior **Jena Bowen**. "I've gone every year since I was a freshman."

In fashion class it's a little different. You learn

what colors go good with each other and the different clothing styles. You also learn how the styles from the 70's and 80's have become popular again.

"Fashion is a fun class," said junior **Tessa Hellmers**. "I learned a lot more than I thought I would from the class."

In foods there are a lot of things that you have to learn before you get into the fun part, which is cooking. Students learn about nutrition and the foods that are healthy and not healthy. They have to learn the safety of all the appliances and things they will be using during their

cooking time.

"It wasn't that fun at first cause I already knew the basics of cooking," said senior **Jordan Gillaspay**. "But when we got into the cooking part it was fun."

The students make a variety of things, from biscuits and cookies to some Italian foods.

"Going into the class, I didn't know how to cook very many things," said Gillaspay. "Coming out of the class I could be a chief."

fashion is fun;
i learned a lot
more than i
thought i would
from the class.

did you know...

■ DURING a lifetime, the average person eats about 35 tons of food.

■ BARBIE'S first "career" was a teenage fashion model.

■ THE FIRST nylon produced was for a toothbrush with nylon bristles.

scs/practical skills

139

did you know...

■ MAY GOODRELL started the debate team at East.

■ THE IVY in front of the school was brought back from Harvard by the debate team.

■ THE EAST debate team has qualified for National competitions two times.

Talkin' over the

Argument

Story/layout by: Mario M-Figueroa

SENIOR JESSICA AVANT WALKS into Jennifer Medina's classroom. It is Tuesday and she is enthusiastic. She puts her stuff down and looks up to see her "family" with a smile on her face.

"We really are more like a family; most coaches are focus on winning and make their students lose the fun of debate and speech," said Avant.

The team met every Tuesday, Wednesday, and Thursday after school. They competed in tournaments Fridays and Saturdays. During the meetings they learned their topic, whether it was a speech or a debate, and then presented their arguments at the tournaments.

"Speech and debate are good programs for students because they have to organize and research," said senior Austin Locke. "Sometimes it gets hard, but if you put all you've got in it, it's much easier to manage."

There are many schools that host their own tournaments. In each tournament there are about ten schools competing against each other. Every year the team hosts their own tournament which made it one of the best on the circuit.

"I'm proud to have such an organized team that hosts their own tournament," said debate and speech Coach Medina. "They liked to use the walky-talkies, but they

also fund-raised a 1,000 dollars for the team."

Writing a speech or debating on a topic is hard, but the hard work that they put into it shows in the many awards they have earned. Avant earned 3rd and Locke earned 4th at state, in the Iowa High School Speech Association (IHSSA).

"We have earned many awards and achieved many goals," said sophomore Angelica Lawson. "Hopefully people see that we do our best and give us credit for it."

Speech and debate are offered as course credit, but to get the full experience students should join the team.

"I liked debate class and I just decided to join the group, and now I have motivation and dedication for the program," said sophomore Ashlyn Robinson.

The teams, in the middle of the fun, discuss ideas with each other, and sometimes ideas pop out of nowhere and stay. This program helped them stay connected with current events and even helped them out in social and education areas.

"It's sad to know that this is the last year I'm going to be able to be on the team, but I'm glad for the experiences that I will keep," said Avant.

we really are more like a family; most coaches focus on winning which makes their students lose the fun of debate and speech.



STUDENTS ARGUE
possible topics to
discuss during
competitions.
Among the topics,
discrimination, justice,
and whether military
actions against
countries that are
trying to acquire nuclear
weapons is justified.

SENIORS JESSICA
Avant and
Ausitn Locke
discuss plans with
Junior Diamond
Turner for the next
competition.

SOPHOMORE
Ashlyn Robinson hugs
sophomore Angelica
Lawson as she writes down
ideas. The family concept is an
important factor for the team.

Proud to represent EHS

There were 50 students that competed in 12 different groups at the IHSSA large group speech. Over half of the students earned a division I rating, and the other students earned a division II rating.

Those students who earned a division I rating at IHSSA moved on to State and out of those students four groups earned a division I rating at State and two other groups earned a division II rating.

"I have received many comments on how proud they are of how the EHS students presented themselves," said instructor Ginger Johnson.

STUDENTS PERFORM
choral reading while
children listened. The
group moved on to
the State competition
with many others.

A GROUP OF
performers
pose for a pic-
ture.
Over half of
the students
earned a
division I rating
at the IHSSA
large group
speech and
moved on to
state

lights, camera, action!

Story/layout by: Karsyn Sayre

As he takes his place on stage his heart starts pumping, his palms are sweating and his mind goes blank. Then, all of a sudden, the lights come on and everything just seems to fall into place.

That's what it was like for senior **John Thompson**, who played Mike in this year's play, *Voices From Washington High*.

"I took drama because I thought it would be a good experience, now that I'm more involved my favorite part is playing someone else for a short amount of time," said Thompson.

Thompson, along with many others, worked very hard to make this year's fall production a success.

"It usually takes about a month and a half to make sure you have all your lines down and stage positions ready to go," said senior **Travis Stewart**.

But it's not just about the big production. Other activities such as; memorizing lines, interpretations, stage performance

and speaking skills go into the mix before the year's play is even picked.

"We do a lot in class, my favorite part is definitely the plays though," said freshman **Connor Kouri**.

Ruth Ann Gaines, drama and theater arts teacher, helped the students pick the fall play, but she says there are many things these classes did by themselves. All in all there were about five plays this year.

"I am in a small group play called *Ken and Barbie Stay Home*, I would like to do as many things as I can this year," said senior **Justin Duckworth**.

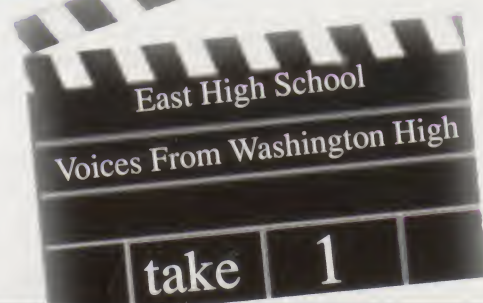
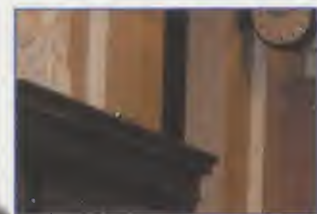
With the new lights and sound equipment this year, Gaines feels as though it was one of the best performances.

"We still have some things to improve on, but with the new advances this year things can only get better from here," said Gaines.

things can
only
get better
from here

42

organizations



What was your character like?

i was mr. baldwin, the arrogant principal, who retired at the end of the year

travis stewart, 12

i was the guy who had his girlfriend stolen. i was the quiet, upset guy

john thompson, 12



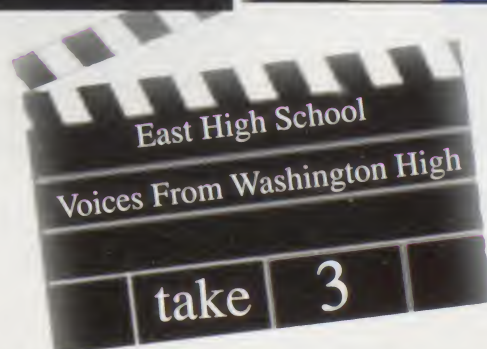
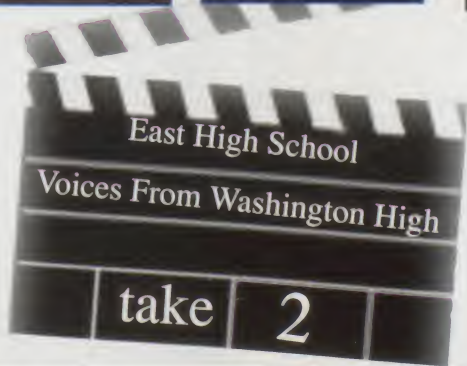
The cast of *Voices From Washington High* practices their lines in the auditorium on a rainy night.



Drama students, Michael Garrison and Andrea Mart, both seniors, work on memorizing their lines for the play. Garrison played "Eddie" and Mart played "Laura".



at left, seniors Brittany Scroggins and Herb Holder act out their love scene in this year's play. Left, senior Michael Garrison warns "Coulter" not to mess with his girlfriend. Below, junior Brittany Stilson practices her lines as Laura's mother.



drama

Districts:

Musical Theatre "School House Rock Live!"

Ensemble Acting "With Their Eyes"

Ensemble Acting "Arsenic and Old Lace"

Mime "Winter Wonderland"

Reader's Theatre "Lingoland"

Improvisation Group One

State:

Improvisation Group Two

Improvisation Group Three

Musical Theatre "Godspell"

Musical Theatre "Guys and Dolls"

Choral Reading "Enjoying and Exploring Roald Dahl"

All-State Non Performing: Ensemble Acting "Universal Language"

sophomore **Jordan Duckworth** & junior **LaRissa Connett** perform in front of Brubaker elementary students with choral reading's "Exploring and Enjoying Roald Dahl".
Middle: junior **Chrissy Huerman** and freshmen **Micheal French**, rehearse Reader's Theatre's "Lingoland" for districts. Generally for Reader's Theatre there are no costumes but they can decorate their scripts.



competition being the best

Story/ Layout: LaRissa Connett

From November to February every year, junior **Joanna Peters** takes time out of her schedule to practice for a certain competition. However, it does not involve lifting weights and extensive physical exercise. Instead, she practices to perfect her emotions, voice, and presence in front of an audience.

For three months out of the year Peters practiced in front of her bathroom mirror in order to compete with other high school students in the Iowa High School Speech Association.

"This was my third year, and I think overall East came out better than they years past," said Peters.

IHSSA is not a competition limited to just giving speeches.

There are more than fifteen categories to compete in. You can also decide to compete by yourself in individuals, or with friends in large groups.

"This year alone we had eleven large groups competing in six different categories such as mime and improvising," said English teacher and IHSSA sponsor **Ginger Johnson**.

Among the eleven groups competing, six of the eleven were sent past the districts competition to compete in the state competition. To be eligible to move on your group was to score a Division I rating from the judge watching their performance.

"Between districts and state, the groups still practice after school, but by the time state comes they are more ready than not to have a polished performance," said Johnson.

The difference in judging from districts and state is that at state, there are three judges watching your performance. For some students this is a little uneasy.

Junior **Ashley Gogerty** said that she has a "harder time focusing her attention to three judges than just the one at districts."

"You try to give it all to them, all your emotion, all your effort to the judges to make them feel a part of your piece," said Gogerty.

For IHSSA this year, all the practice and time put into their performances showed. Sending the ensemble piece "Universal Language" with senior **Austen Locke** and junior **Dionna Langford** to All State.

Peters said that this program is just starting to show that it is a tough competitor.



IHSSA

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Extra! Extra!

read all about it

Story/layout by: Amy Parker

THE SCROLL USED to come out every four weeks, but this year it changed to a two-week schedule. This means the staff had more deadlines and had to work even harder to make sure their stories were done and ready to be printed.

"It was really hard having more deadlines this year. It was also a lot more work. I wrote about two stories, my column and was the center spread every month, where last year I only did a story, or my column, and a page a month. It was tough, but we had a good staff and we did it," said junior **Erica Rockey**.

With the SWCroll coming out every two weeks, students at East got a chance to read more about what's going on at their school and the Des Moines area.

"Having the Scroll every other Friday was nice. It gave me something to do in advisory, rather than playing some dumb game no one likes," said junior **Katie Smith**.

The staff also changed the design of the Scroll. The design was changed to bring a different look and to have something fresh and new.

"We have more of a magazine front than a news front and changed to printing on a news-like paper instead of thick white paper," said junior **Emily Banks**.

This year the staff lost a lot of seniors, but newcomers who took journalism last year were ready to bring new and creative ideas to the team.

coming from
journalism
where you learn
how to do every-
thing to scroll,
there is more
work to do and
deadlines.

"Coming from Journalism One where you learn how to do everything to Scroll, there is more work to do and deadlines," said junior **Charissa Shepherd**.

Senior **Jorden McGriff** worked both, Scroll and Quill. On Scroll she was opinion editor.

"Working on both can be crazy sometimes when the deadlines run into each other, but in the end, I enjoy what I'm doing and that makes it easier," said **McGriff**, opinion editor for the paper.

Senior **Audri Lu** went to a journalism workshop in Iowa City during the summer and it was a "great experience" for her.

"Iowa City is a really awesome place just because of the atmosphere the university brings to the city. I also won the 'best writer's' award. What it was is we had to write a news story in a two day span, and the best story won the award and I guess it was mine. What's funny, though, is that I actually rewrote the whole thing within the last hour of the deadline because a staff member told me my 'lead was too complex' so I hated the story I submitted, but I guess that was a good thing that I changed it," said **Lu**.

The Scroll has an adviser that watches over them and is there for any help that they need. Adviser **Ed Kelly** is the one responsible for sending it to the printers.

"Being an adviser for the Scroll is fun; students are in a type of 'club' atmosphere and actually want to be here to get things done instead of being made to take the class. It makes my day shine," said **Kelly**.

STAFF MEMBERS Banks, Ryan, and Shepherd work hard to get their stories done. They are trying to meet their deadlines.

(stephanie ouverson)



(brittany o'dell)



(charissa shepherd)



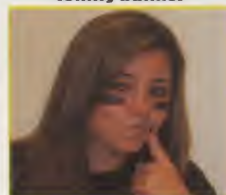
(audri lu)



(jorden mc griff)



(emily banks)

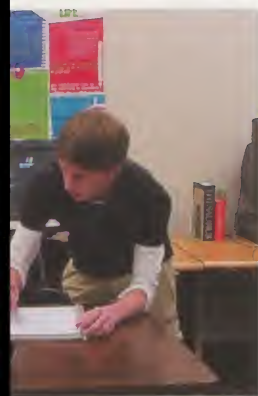


(jaymee ryan)

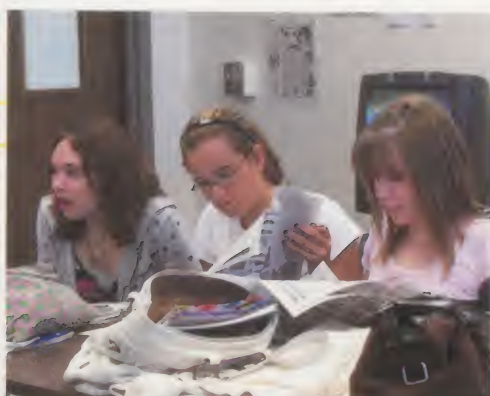


(jessica vong)





WILLIAMS
and Baum-
bach help
each other
edit their
stories and
layouts.



NORTH STAFF members
of the Oracle are looking
at the Scroll. They came
to East to get an idea
of how the Scroll staff
does business.



did know...

■ THE earliest
record of the
newspaper ap-
peared back in
59 B.C.

■ THE first Scroll
at East was
published in the
mid 30's.

■ THE first
newspaper in Des
Moines, the Iowa
Star, was founded
in 1849.

(allen van gundy)



(ben baumbach)



(travis williams)



(erica rocky)



(tiffani gutierrez)



did you know...

■ MR. Lounsberry teaches a class on how to make a "YouTube" video.

■ 2 out of 3 households have no money left after paying taxes and normal living expenses.

■ BECAUSE money no longer has any inherent value, it is simply pieces of paper.

selling interest

in industry

Story/layout by: Nick Mongar

THE BUSINESS department at East offers many courses, ranging from classes like computer applications and keyboarding to economics and financial management.

"All the classes focus on teaching the students how to function in society," said econ teacher **Samy El-Barodi**.

Teacher **Kenneth Burgess** takes a different angle at his teaching, letting the students choose what courses they would like to focus on, but overall feels "every student should be trained in subjects concerning the use of computers and technology."

Many of the classes are advanced, and are set up to resemble actual college courses. Therefore, juniors and seniors are able to earn dual credit from the classes at DMACC, and in many cases up to 24 credits.

Students are able to use their college credit towards a two-year degree at DMACC. Students are also able to transfer their credits to a four-year institution as well, including University of Iowa, Iowa State University, University of Northern Iowa, Drake University, and Grandview College.

But with college credit also comes college sweat.

we learn a lot with this program, the success of the class is really in our individual hands, it's like a real job.

"We use the same books and do the same work," said Burgess. "They are bright and self motivated learners. We do a lot of reading in Computer Classes and in Financial Management."

"Some of the classes seem harder than usual," said junior **Haley Senecaut**. "But it's a good deal, when I get to college I'll be a step ahead of other students."

Out of the many classes available, students consider econ to be one of the more exciting and hands on courses. In econ, students participate in their own business, where they create products, such as shirts and jackets, and sell them around the school.

"We learn a lot with this program," said senior **Afton Torres**. "The success of the class is really in our individual hands, it's like a real job."

Like a real business, if the product sells successfully, students can actually earn money of their own.

"There's a lot of competition when selling your stuff," said senior **Peter Barlean**.

"The early bird gets the worm; or the shirt in this case... which is only \$10."

"I'm really glad that I joined this class, El-Barodi is the man," said senior **Cody**

Bowers. "If I wasn't a senior, I would fail, just so that I can take this class again next year."

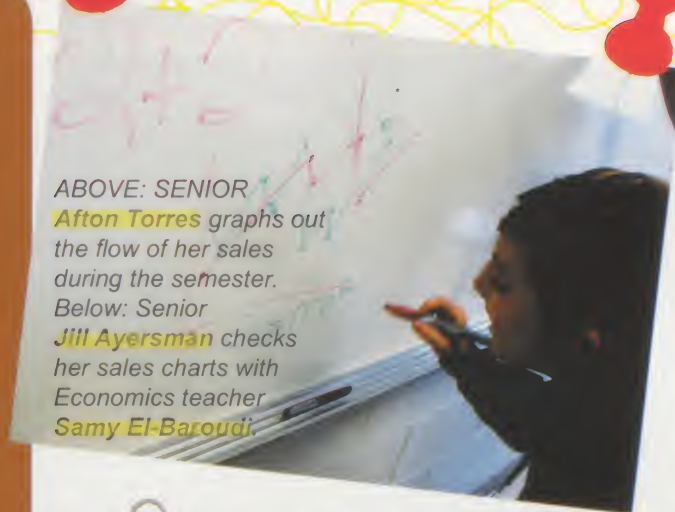


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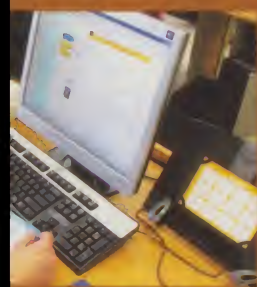
academics



ABOVE: SENIOR **Afton Torres** graphs out the flow of her sales during the semester. Below: Senior **Jill Ayersman** checks her sales charts with Economics teacher **Sammy El-Baroudi**.



1. SENIORS **Peter Barlean**, **Adrian Eni**, and junior **Chris Foster** run through their sales in Micro/Macro Economics.
2. Juniors **Kim Robinson** and **Missy Ulmer** type out a letter in Computer Applications class.
3. Computer Applications Teacher **Kenneth Burgess** gives assistance to sophomore **Jessica Grimm**.
4. Senior **Derek Adams** works hard to complete a costume webpage design for Multimedia class.





MR. DRAUTZ'S
Spanish classes
painted murals
throughout the
school year.



MORRIS'S CLASSES
have fun while learning...
and a little laughing never
hurt anybody!



I'm confused...



Adios

Hola



es esta manera paco!

(This way, Jordan!)



Lo entiendo ahora

(I'm getting it now)



Gracias amigos m' ayudados.

(Thanks friends, you've helped so much)

did know...

■ MEXICO CITY
is the oldest
capital city in the
Americas.

■ THERE ARE 33
other French-
speaking countries
besides France.

■ MEXICO
introduced
chocolate to
the world.

voyez la

difference

Story/layout by: Ashley Lovell

"HOLA. BONJOUR..." The title says see the difference in French, because today everybody has their own thing to say and their own way to say it. The students here have the opportunity to learn something new and explore other cultures. French and Spanish are the languages available to learn at East.

"I enjoy taking Spanish every once and a while, my class is boring, but entertaining at the same time. I like to mess around in there, I make the class fun," said junior Chrissy Palmer.

The Spanish classes do many activities and projects. Not too many people know how to speak another language, but it may come in handy in the future.

"Spanish is ok. I like my teacher Mr. Carl Drautz, he makes the Spanish environment fun. I also like going to Spanish stores," said junior Kurtis Leuang.

French class has many things to offer, such as trying all the new foods that most people don't normally get to experience. Not very often does food come in to the learning process but when it does, the students aren't complaining.

"I love tasting all of the new food, its great. I like all the new things I can bring home and have my family try," said junior Courtney Morton.

"I enjoy French food, it's different but I love it. A baguette, which is a loaf of bread, is my favorite," said junior Andy Tran. Food is not the

only thing these classes do, music is another large part. Listening to the language being spoken helps students understand a little better.

"I like the music; it's interesting. It feels and sounds like they have way more emotion than some American songs. I think it might be because I can't understand it all the time, but I feel the connection. I enjoyed going to the French Mauvai Sort concert, it was a lot of fun," said Morton.

Watching educational videos isn't always fun, but watching a movie in another language is always interesting. They show the different cultures and how much of a difference it is than watching something in English.

"I always put the sub titles on for my French students just in case they fall behind so I don't have to hear complaining," said French teacher

Amanda Eimers.

"Movies are fun to watch, but in a different language it's really hard to follow along. I hate it when I get lost and everyone else knows what's going on," said junior Nari Cavan.

The classes teach colors, numbers, dates and little phrases. When students finish with Spanish I or French I, they will have to be able to carry on a conversation with other students and the teacher for grades.

"Adios. Au revoir".....that's Spanish and French for goodbye.

i enjoy taking
Spanish ev-
ery once and a
while; my class
is boring and en-
tertaining at the
same time. i like
to mess around
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the class fun.

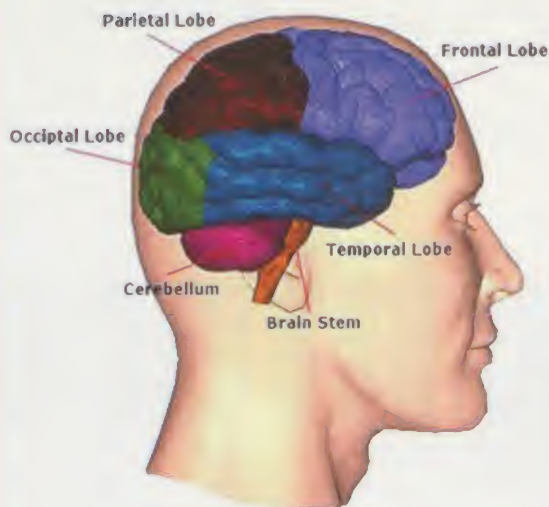
world languages

151

did know...

■ The speech area of the brain is located in the left hemisphere.

■ Eyesight comes from the back of the brain.

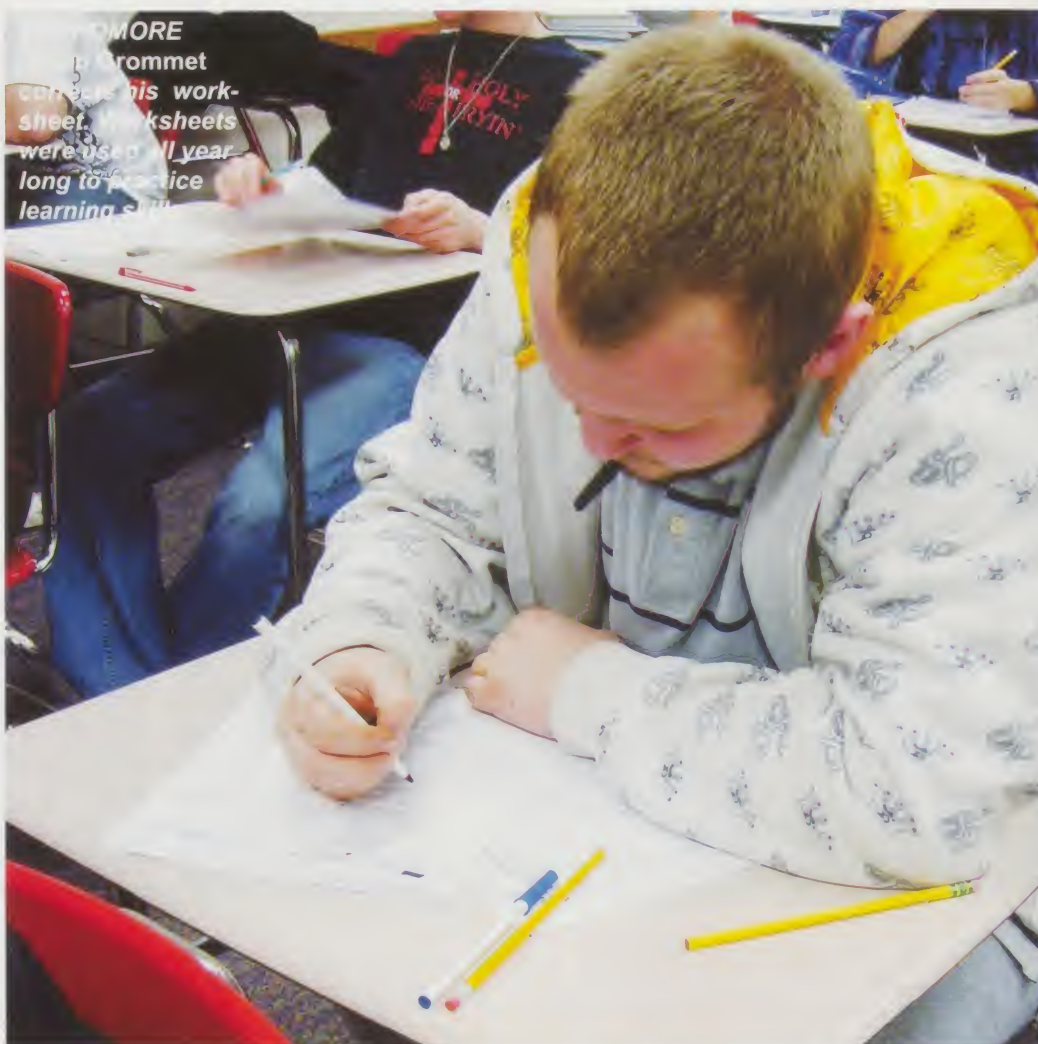


■ Nerves are a part of the lower brain.

■ The cerebellum controls balance and accuracy.



STUDENTS listen to a class discussion and take notes for an upcoming test.



Having a mind of

your own

Story/layout by: Madison Kasper

EVER WONDER WHY people do the things they do? After all, actions speak louder than words. Classes such as sociology and psychology can help answer some of those mind boggling questions.

Sociology is a first semester course that is an upperclassmen class, there are occasionally sophomores. Sociology teaches the students how their individual behavior effects how they get along with a group of people.

"Studying human intelligence was really a great learning experience," said senior **Christopher Overman**.

Psychology is the science of human thought and behavior. This is a second semester course typically taken by juniors and seniors, with a few additional sophomores. Psychology focuses on what kind of emotions people feel and what makes them act the way they do.

"Psychology is more of the independent development of the brain," said teacher **Ted Christensen**.

Students may take either sociology or psychology, but according to many students, once they take one they want to take the other.

"I took both sociology and psychology because it seemed new and interesting, and they didn't seem like anything else I've taken before," said senior **Nichole Ellis**.

"Psychology helped us understand people better and help us relate to what kind of emotions their feeling," said senior **Nuong Nguyen**.

Students were also taught that when someone is scared, their emotions allow them to do things they normally aren't able to do. They also learned about the brain and what parts of the brain control your body. The front of your brain controls your thought process, the left side of your brain controls the right side of your body, and your right side of your brain controls the left side of your body.

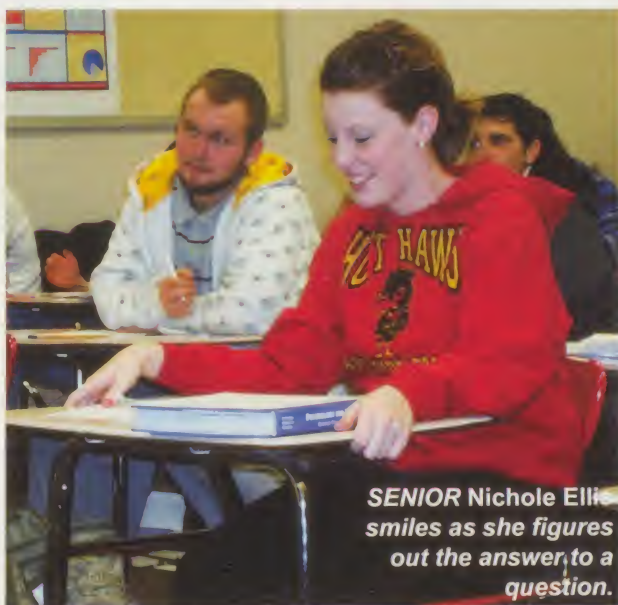
"It really just gave us a better insight and helped us understand more of our own surroundings," said Ellis.

According to the students the class can get a little boring but "Mr. C makes the class really fun," said senior **Justyn Lewis**.

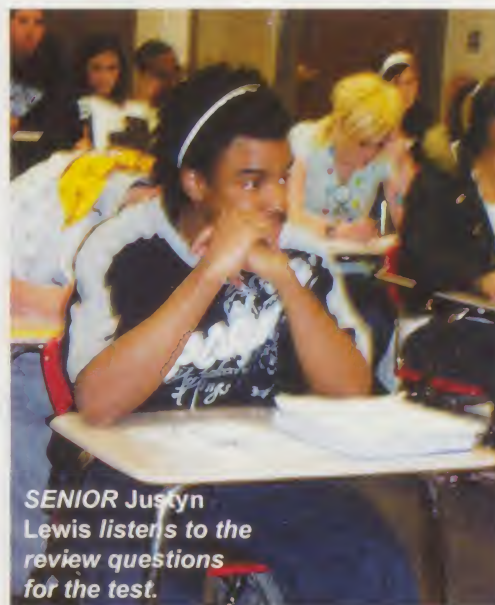
It has been said that people who like to read and watch documentaries would enjoy taking sociology and psychology. The text books teach new and different things about what makes a person who they are and how they function.

"I really enjoyed studying the human behaviors and why people act the way they do, it was interesting," said Lewis.

left handed
people have
a greater
amount of
artistic,
creative
ability



SENIOR Nichole Ellis smiles as she figures out the answer to a question.



SENIOR Justyn Lewis listens to the review questions for the test.

psychology-sociology

BELOW, A SELF-
-PORTRAIT by
senior **Josh Lyon**
Josh is also in Mr.
Goodrich's 3-D
design class.



ABOVE, SENIOR
JOSH SYVIXAY
expresses himself
through his art. Josh
likes creating things
that people would
never think of.



did you know...

■ **MICHELANGELO**
worked over 4
yrs. painting the
Sistine Chapel.

■ **MOST ARTISTS**
are left-handed.

■ **VINCENT
VAN GOGH**
didn't sell a
single painting
his whole life.

Art comes in all shapes

and forms

Story/layout by: Ashley Lovell

ART IS EXPRESSED many different ways: drawings, paintings, sculptures, ect. Art is where you can do anything you want to do.

East has many forms of art in our school and many classes you can take. Teacher Shirley Gooch teaches drawing and painting, photography, and art 1 & 2.

"I enjoy teaching, especially high school students. I love preparing them for college and art related careers. I have been teaching for 33 yrs. and still love it," said Gooch.

Jerry Goodrich teaches many things as well, such as a 3-D design class which allows the students to work with more than just a piece of paper and a drawing pencil. There is ceramics, glass fusion, stained glass and photography. You can also use his camera to take photos and develop them yourself in the dark room.

"I absolutely love 3-D design, I've been experimenting with film photography and it is so much fun. Developing pictures takes practice, but it worth it," said junior Brooke Green.

The classes taken and how long they are taken determines what level a student is at, new/beginner or advanced, it all depends. The advanced

students have more say on what they do, they have the experience and understand what's going on, so they choose their own assignments.

"I like being an advanced student because I like choosing my own project and having my own due date. It means I can take the time to make a really nice piece of work and have my own expectations. Also I'm not being judged on my work," said senior Vince Jeffries.

Murals were painted on the walls of the fourth floor last year and each time someone designs something for the walls, it's added if approved by the art teachers.

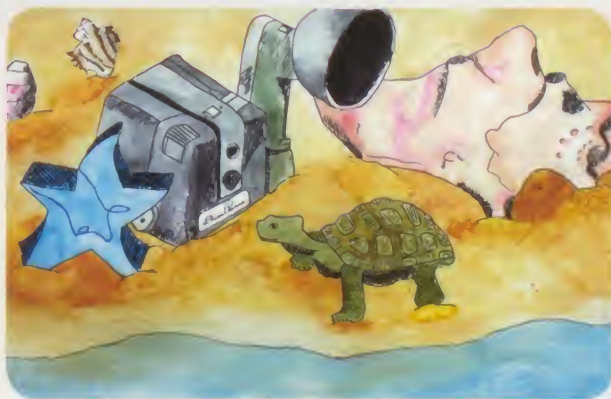
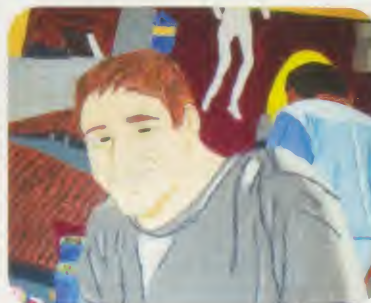
"I like working on the murals, painting them is so much fun. I really love to work on things everyone is going to see," said junior Jody Borton.

The art show is always something most of the kids look forward to. Both art teachers Goodrich and Gooch pick pieces that they think represent the school and that recognize students for outstanding work.

"I have had my work in the show every year so far and also the show down at the fairgrounds. Mr. Goodrich thought it was good enough and I really love showing people what I can do," said Green.

developing
pictures takes
practice, but it's
worth it. Much
more fun than
digital

OPHY MORE
**CARMEN
GARRASCO**
paints outside
Mrs. Gooch's art
room. She helps
bring the room to
life.



ABOVE, THESE
are some of the
projects the stu-
dents worked on
in their art classes.
They have their
own way of show-
ing what they like.



art

155

did you know...

■ OVER 80 students were involved in the building of the house.

■ THE HOUSE is expected to sell for \$130,000.

■ IT COST \$17,000 to buy the house, and the class will put around \$75,000 into it.

Playing on a

Schedule

Story/layout by: Ashley Kasper

"WHAT'S THAT SMELL?"

"Oh, it's just mothballs; we use them to ward off the pigeons."

The students of home remodeling had a problem. While they were out working on their house of three years, on E. 25th Court, they encountered a family a pigeons.

"We tried everything from shooting them out to mothballs," said senior **Tye Thomas**.

When the house was finally sealed they got rid of the pests the old-fashioned way... by hand. Windows were the first thing on their agenda to install in order to keep the pigeons from returning.

The students were able to fund the "experience" through a federal grant that allowed the students to build the house, but gave the profits of the house to the government.

"I liked the class because it was hands-on," said sophomore **Troy Chandler**. "It was perfect; we gained skills while having fun at the same time."

The students could be earning anywhere from \$50,000 to \$80,000 a year in a career in the

construction of housing.

"The experience has helped me to be ready for the real world and I'm ready to make some real money," said senior **Nate Hunsley**.

Home remodeling is a two period class held outside of the school. The class met every day on the construction site.

learning
to make a
living off of
making a
living place

"If we only went for one period, we wouldn't have been able to get much work done; it takes a lot of hard work," said sophomore **Dillion Barber**.

Students in the class agree that the best part of the experience was watching something they had created on their own become a real home that will house someone someday. The time spent on the working site working brought the students together.

"We are close. We share a lot together and help each other out in and out of the classroom," said **Bill Oleson**, director of the home remodeling class.

Home remodeling isn't a class, it's a group of friends working hard and playing, just on a schedule," said senior **Tyler Chumbley**.





STUDENTS FROM the 6th and 7th period class pose for a picture on the living room stairs of the home they are constructing.



SENIOR JUSTIN Biggs wires an outlet in a bathroom of the house. All the outlets had to be one hammer length up from the floor. A mixture of all the classes (below) pauses to take a group photo.



THIS TWO-STORY house is located on E. 25th Court. The class finished the siding and windows of the house this past year. The framing was done in 2006.

A STUDENT works on his box in **Clinton Gadbury's** first hour metals class. Students say precision is a valuable skill they learn from this class.



Learning the creative and the practical

Story/layout by: Emma Diver

"I ENJOY TAKING kids who know nothing or next to nothing about wood working, and at the end of the day having them come away with a project saying I'm proud of this," said teacher **Jeff Hall**.

Industrial arts classes are ones where students can make projects that are useful and still learn skills that are helpful throughout life.

Hall said, "We teach the art of working with wood, and in the process life skills such as measuring, being accurate, looking for quality, and understanding furniture."

The projects made are also ones that can be used; multiple students said their favorite project was one that could be practical as well as admired.

Senior **Nyla Whitson** said her favorite part was, "the creative mug because I can drink out of it now."

For woods class, students enjoy the small jewelry cases, entertainment centers, and gun cabinets, all which are things that people can come away with in hand.

Besides making projects that are tangible,

taking industrial arts classes lets students come away with skills and focus that will help throughout life.

Junior **Brian Hensley** said taking woods class taught him to, "do things right and pay attention to detail."

"Everyone's going to buy furniture; if you've made furniture you know more about whether or not it will be quality, and the basics that come with this class such as

measuring can help you know things like whether or not a couch would fit in a room," said Hall.

The classes are taken for a variety of reasons, whether students are interested in a career or just enjoy working with their hands.

Hensley said he took the class because he was interested in woods, but does not know if he'll use it for a career or not yet.

Others have personal reasons,

Whitson wanted "to make stuff, make memories, and look back later and see how I did."

"The most satisfying thing is having kids come back after school using the trade that we taught; those are always cool moments," said Hall.

the most satisfying thing is having kids come back after school using the trade we taught. Those are always cool moments.



did

*STUDENTS IN HALL'S
first hour woods 2 class
study in the classroom.
Industrial arts classes
teach both hands-on and
book work.*



*AT RIGHT, a student focuses
while working on a project in
metals. Above, concentration
is key while using the indus-
trial arts machines.*

Know...

■ WELDING MAY
date back as
far as ancient
Egypt.

■ NOT ALL
industrial arts
students plan for
a career in the
field.

industrial arts

159

Lights, Camera, action!



Story/layout by: Katie Grimm

TIME IS TICKING AS JUNIOR Emily Mullen races to get her work done. Today she has to do four more pages, and turn in her task sheet, with fifteen pages completed, before the bell rings.

"It's really easy work, not easy like an easy A, but since you design everything yourself, it is easier work than looking through books to find answers," said Mullen.

This probably sounds absolutely nothing like any typical class, but as many students know, this class is nothing like the others.

Photography Fundamentals 1, 2, and Independent Study Photo are three semester-long classes offered where students literally sit in front of a computer screen and let their imagination come to life.

Best of all, there was only one big project during the semester, a personal portfolio of pictures that students created themselves over the semester to show off their imagination.

"I like designing things the way I want to, not the way a whole group does, that way my work is really mine," said junior **Skyler Chandler**.

Besides sitting in front of computers, students had the opportunity to leave school grounds and take pictures of their choice during their class period. The pictures they took were sorted, then

the fun began. Using either Corel Draw 12, or Adobe Photoshop Elements 2.0, students designed their own portfolio pages using pictures and captions.

These three classes were taught by **Marty Mohler**, with a new addition this year, **Shirley Gooch**. Gooch also taught art and drawing classes.

"I was needed to teach another class during 5th period, luckily they found her to teach for the last few periods of the day," said Mohler.

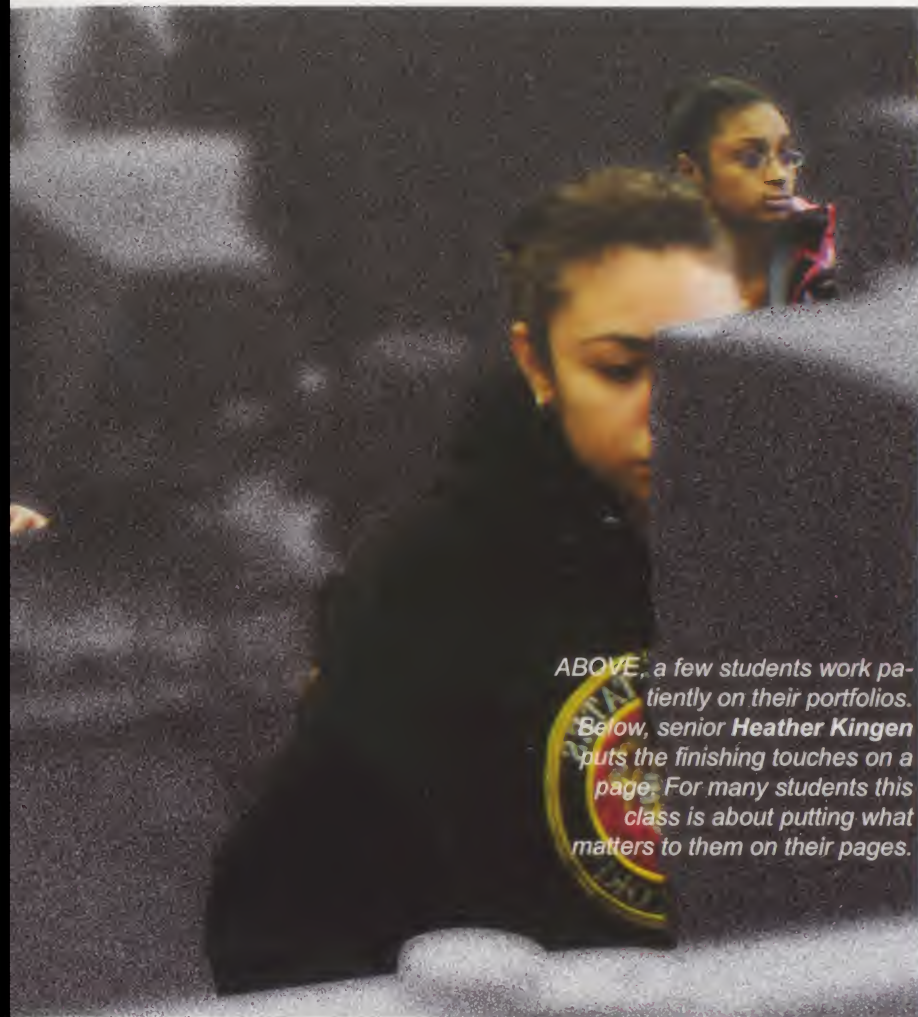
Every spring, students who have taken photo during that year have an opportunity to send their pictures into a contest. The Iowa Industrial Technology Exposition, held annually at S.E.P. High School lets students from all around Iowa bring in projects they have worked on, and put them up against everyone else's.

Many awards were given out, ranging from ribbons to trophies and medallions. Every entry received a ribbon, placed first through third. Medallions were given to the top entries in each category. Some category winners were awarded trophies, along with medallions.

"Last spring I entered a picture, and won a gold medal, it made me feel good to know the judges really liked my photos," said senior **Eddie Clearwater**.

I entered a picture and won a gold medal, it made me feel good to know the judges really liked my photos.

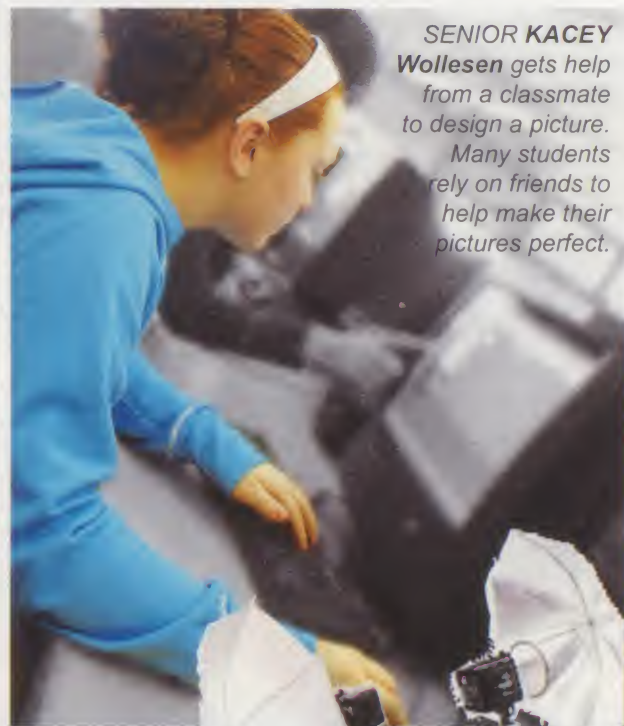




ABOVE, a few students work patiently on their portfolios. Below, senior **Heather Kingen** puts the finishing touches on a page. For many students this class is about putting what matters to them on their pages.



MARTY MOHLER takes a break from setting up his studio to take attendance. He uses the studio to teach and take pictures of his own.



SENIOR KACEY Wollesen gets help from a classmate to design a picture. Many students rely on friends to help make their pictures perfect.



FAR LEFT, senior **Eddie Clearwater** focuses the camera on a shot of the interstate. Clearwater wants to be a professional photographer when he graduates.



■ **PHOTOGRAPHY** means "to draw with light."

■ **THE FIRST** camera was called the *camera obscura*; a pitch black room with a small hole in one wall.

■ **CAMERAS** used to be made out of wood.

Good Morning

des moines!

Story/layout by: LaRissa Connett

"WE THOUGHT THE CLASS was going to be easy, but it turned out to be the opposite," said senior **Jessica Avant** about the new elective class radio, T.V., and film.

Introducing itself for the first time at East as a class, instructor **Ron Borstad** added his own touch to the its curriculum.

"I had students watch sitcoms from the 50's up to today, and they analyzed them to show the evolution of today's sitcom," said Borstad.

Some of the students didn't see the connection from the original sitcoms such as *I Love Lucy* to modern day *Family Guy*, according to Avant.

"We learned that the basis of a sitcom was to take the general public's mind off of the present day conflicts like war or the economy," said Avant.

With radio being one of the main focuses of media in the class, Borstad and his students set up their very own radio station.

"We put a lot of work into finding a place in the

building to set up the equipment, we even put egg cartons on the wall to sound proof it," said senior **Travis Stewart**.

Using walkman CD players, microphone, and a sound mixer, the station is expected to be up and running by the end of this year or early next fall.

"It's going to be run by students but monitored by Mr. Borstad," said Avant.

In addition to the radio station, the class has also set up a news broadcasting system. Equipped with TVs and cameras, the students have already made pilots of their first few shows.

"We will pre-record commercials, and news updates, that way we can just play them on a scheduled time," said Avant.

With in the first year radio, T.V., and film has a radio and news broadcasting system under their belt. East High is the first high

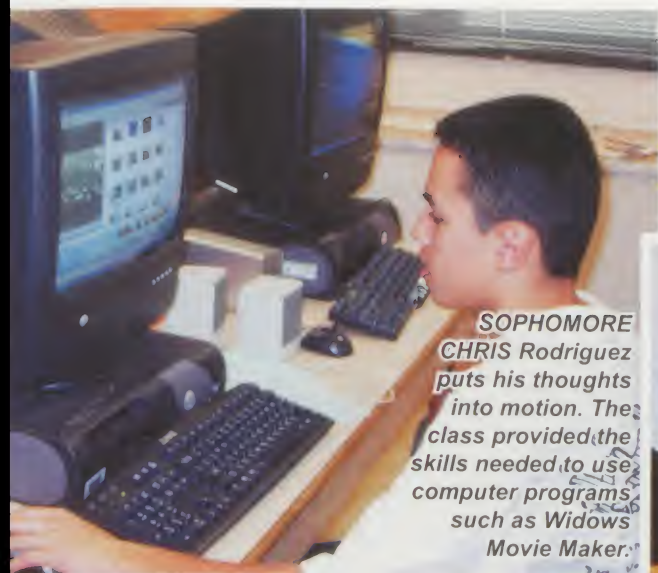
school in Des Moines, besides Central Campus, to have their own broadcasting station.

"We've beaten even private schools to the punch. You don't see Dowling with a program like this," said Stewart.

**You don't see
Dowling with
a program
like this.
-Senior Travis
Stewart**

SENIOR Jessica Avant places egg cartons on a wall in their radio room. The cartons are used to sound proof the walls.





SOPHOMORE CHRIS Rodriguez puts his thoughts into motion. The class provided the skills needed to use computer programs such as *Widows Movie Maker*.



SOPHOMORE NOLAN Harding, senior Sarah McFarland, and sophomore Zach Overton pre-record some of the first news broadcasts.



JUNIOR GINARO Mata and Senior Zach Campfield monitor the sound and visual outlook of the recordings. The first airing of the broadcasts should be late this year or early next fall.



the seeds sound mixer

used both in the radio station and for the news broadcast, the mixer controls the volume that the audience hears.



cd player

located in the radio station, the cd player, for now, is used to play the music in the station.



camera

essential to the class, the camera is used to pre-record some of the up-and-coming news broadcasts.

STUDENTS PLAY
dodgeball as a PE
activity. Many stu-
ents stayed close
to the back so they
would not get hit.



CODY MICKLE
spots Lorenzo
Quintanar as he
lifts the barbell.
Some students
"compete" to see
who can lift the
heaviest weights.



STUDENTS SWIM
laps for a PE activity.
With only 10 min-
utes, students hustle
to get ready for their
next class.

did you know...

■ Students can choose from four different tracks in P.E.

■ A few are still shy to change in front of the other students.

■ P.E. is required in order to graduate high school.

The chaotic ride to

personal strength

Story/layout by: Darika Kouangvan

PHYSICAL EDUCATION has always been one of the big graduation requirements. This year, a new type of physical education was made available to students. It is the fitness track, also known as Track one.

There were four tracks students were able to choose from: the individual track, the fitness track, the team track, and the weightlifting track. Each track had different activities.

"The individual track was alright. I didn't like having it everyday, but other than that it was OK," said junior **Diamond Turner**.

The newly-added fitness track incorporates yoga, aerobics, cardiovascular workouts, and improvement in personal strength.

"It's a fun track. I like it; it was something new," said junior **Nari Cavan**.

Unlike Cavan, other students thought the opposite.

"It was rather lazy. We watched from a really small TV, and it was in the weight room which was really hot. It was not fun," said senior **Christine Her**.

The team track involves team play such as volleyball, dodge ball, or kick-soccer-baseball. The weightlifting is held in the weightlifting room.

"The weightlifting track is good; I have it first

period, and it is a good way to start my day," said junior **Ruby Murillo**.

Coach **Rick Roberts** taught in the weight room and was a new addition to the P.E. teachers. Robert says he enjoys being here, and it has been a lot of fun for him.

"I've learned that there's real pride here at East, and hopefully we can keep working on it to instill more," said Roberts.

P.E. teacher **George Davis**, who has worked at East for 35 years, chose to retire this year. Davis also hosts East's assemblies.

"I love my job, and I'll miss it. I've met many students through classes, coaching, and assemblies. It has been a great ride and when I say my final goodbye, it's going to be sad, but I'll be looking forward to new adventures," said Davis.

Although the theory of school is that the teachers teach the students, in Davis's experience, it has taught him that students can teach valuable lessons as well.

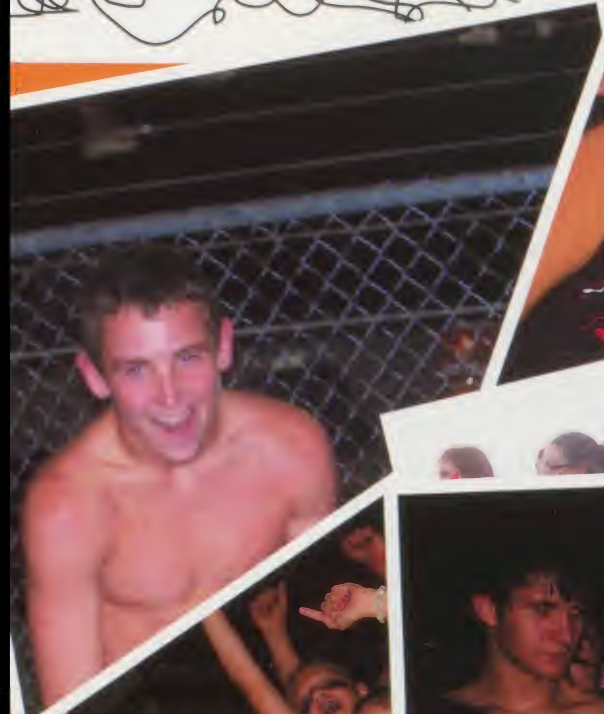
"I have received more from my students than anyone else. My students have taught me humor, energy, job fulfillment, and the adventure of having an old person stay young," said Davis.

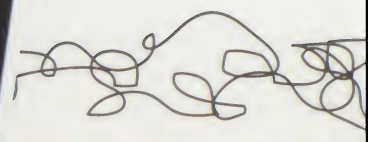
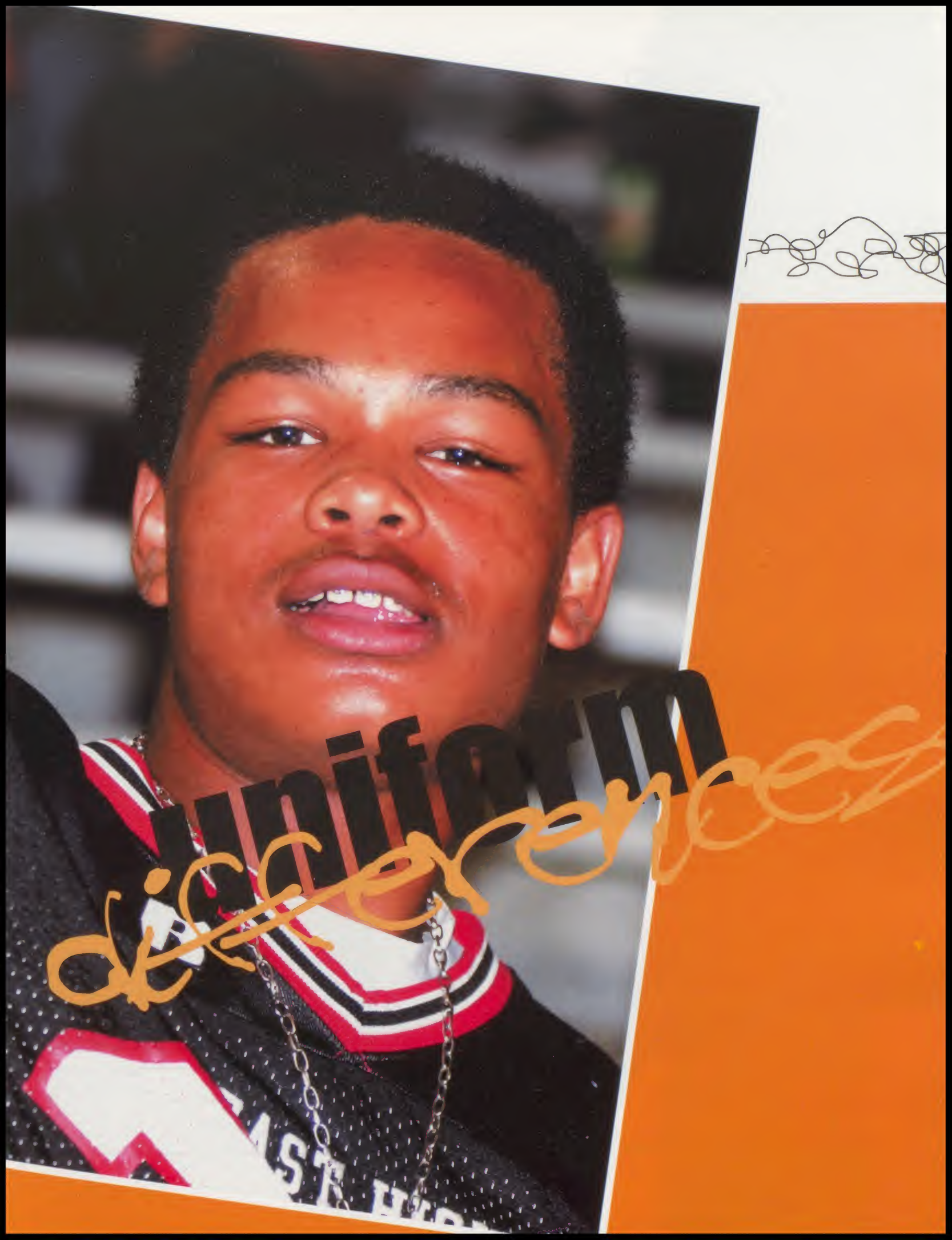
i am stronger than
i was day one, and
i only keep getting
stronger.



[people]

People





uniform

differences

class of
2008

seniors

ADAMS, DEREK—Marketing Sales 6;
OA 3-6; Sr. Board 7-8.
ADAMS, MARYLEE—SB 1-4; Sisters
for Success 1-8; Spanish Club 4-
6; Theater Arts 5-6, Track 2,4.



ALLEN, ALISA—Chamber Choir 3-4;
Prep Choir 1-4; Show Choir 1-4;
Soccer 4, 6, 8. DMACC
ANDERSON, JOSEPH—Baseball 1-8;
Football 1-6. Ellsworth Comm.
College



ARECHIGA, JONATHAN—Soccer 6-8.
AVANT, JESSICA



AYERSMAN, JILL
BAKER, AARON—AL; JROTC 1-8;
Journey 5-8. UNI



Abbreviations

ACE.....Architects, Contractors & Engineers
AIB.....American Institute of Business
AL.....Academic Letter
BPA.....Business Professionals of America
DMACC.....Des Moines Area Comm. College
ISU.....Iowa State Univ.

JA.....Junior Achievement
LC.....Leadership Council
NCYL.....Nat. Council on Youth Leadership
NH.....New Horizons
NHS.....Nat. Honor Society
OA.....Office/Library Aide
PEP.....Pep "E" Club

RIP.....Rock in Prevention
SB.....Science Bound
SG.....Student Government
SS.....Scarlet Standout
UB.....Upward Bound
UI.....Univ. of Iowa
UNI.....Univ. of Northern Iowa



BALES, VANCE
BALLARD, ANDREW—AL
BALLARD, DARBY
BARTLEY, TAMMY—NH 5-6; RIP 3-4.
DMACC



BATES, KYLE—Baseball 3-8;
Football 1-6.
BAUMBACH, BENJAMIN—AL; Cross
Country 7; Scroll 5-8.
BEEM, MIKEL—Color Guard 1-6.
BEEM, GIANNI



BELCHER, JAMIE
BELLIS, AMANDA—AD 7-8; AL;
Concert Band 1-8 (Section
Leader); Jazz Band 1-8;
Marching Band 1-8 (Section
Leader); NYCL; NHS; Quill 7-8;
Scroll 4-6; Spanish Club 3-4
(Sec.); Tae Kwon Do 3-4; Wind
Symphony 5-8
BEMIS, TYLER
BERNARDINO, ANTONIO



BERNARDINO, KATHLEEN—I-JAG 1-8.
BICKLE, MICHAEL
BIXLER, JORDAN
BLAND, PENNIE

BLODGETT, LACEY
 BOLANDER, TIMOTHY—Baseball 1-8;
 Football 1-8; PEP 7-8; Sr. Board;
 Swimming 1-4; Track 1-8.
 BOSLEY, CODY—Baseball 1-8;
 Basketball 1-8; Football 1-8;
 Soccer 8.
 BOUNYALATH, PHITSALATH



BOWEN, JENA—Cheerleader 3-6;
 Color Guard 1-2.
 BOWERS, CODY
 BRIGHT, JOSEPH
 BROWN, JAZMYN—AD 3-8;
 Cheerleading 5-8; Debate 3-4;
 OA 3-6, 8; PEP 7-8; Sisters for
 Success 3-8.



BRUMBAUGH, CHARLES
 BUFFALO, NARELLE—Color Guard
 3-8; Marching Band 3-8; Mixed
 Choir 1-2; NYCL; PEP 7-8;
 SB 1-8; Spanish Club 3-8
 (VP, Treas.); Sr. Board; SG 7-
 8; Swimming 1-8; Track 1-8;
 NEHS. ISU
 BULLINGTON, SAMANTHA—Color
 Guard 1-2; Prep Choir 1-2.
 CARRICK, ALLISON—AL; Debate 3-4;
 Quill 5-8; Softball 1-4; Sr. Board.
 Oklahoma Christian Univ.



CARROLL, TIFFANY
 CARTER, ANTONIO —Football 1-8;
 Track 4.
 CHAGOVA, MIA—Sr. Board. ISU
 CHAN, DANIE





CHASE, JOSEPH
CHUMBLEY, TYLER
CLARK, CHERKSHA
CLEARWATER, EDWARD



COCHRAN, FRANK
COLEMAN, AMANDA
COLEMAN, CATHERINE
COLLINS, COLTON—Baseball 1-8;
Football 1-2, 5-8; Track 6; I-JAG
1-6, 8.



Best legs
Colton Collins &
Makanani Scarlet



Next President
Nick Mongar & Narelle Buffalo



Airhead
Tanner Luft &
Jennifer Johnson

COLLINS, JEROLINE—Sisters for
Success 7-8.
COOK, ASHLEY
COURT, KAYLA
COX, AMANDA—Mixed Choir 3-4;
Prep Choir 1-2; Winter Guard
5-8.



CRONE, JUSTIN
CUNNINGHAM, CLINTON
CURRY, JOSHUA
DARLING, DAVID



DAVIS, AMANDA—NH 1-8; Japanese
Culture Club 6-8.
DEIK, KALEA
DENIN, JOHN
DENNIE, JESSICA



DICKENS, HILLARY—Chamber Choir
3-8; French Club 1-2; Prep
Choir 1-2; Show Choir 1-8;
Steppers 3-4; School Play.
LaJames
DIVER, EMMA
DOMINGUEZ, IRMA—NH 7-8; SB
1-6; I-JAG.
DUCKWORTH, JUSTIN





DUFFELMEIER, TAQUÍ—Basketball 2, 4, 6; Cross Country 2, 4; Spanish Club 7-8; SG 1-8.
DUNCAN, RANDY—Football 5-7; Track 4-8. Drake
DURON, ISRAEL
EKLUND, ADAM—Football 1-4.



ELDER, AUSTIN—Baseball 1-8; Basketball 1-2; Football 1-8; Soccer 1-8.
ELLENWOOD, EMILY—Cheerleading 1-7. Salon Prof. of America
ELLIS, ALYSSA—AL; NCYL; NHS (VP 7-8); Scroll 4-6; Sr. Board; Volleyball 3. UI
ELLIS, NICHOLE



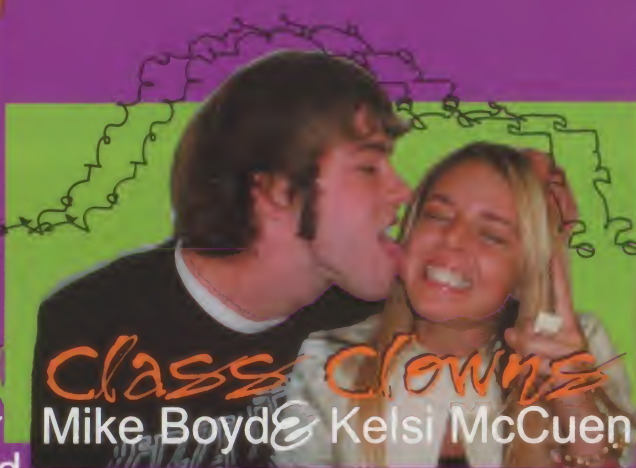
ENI, ADRIAN—Soccer 7-8; Swimming 7-8; Sr. Board.
ENOCHS, JACOB
FAST, CHRISTINA—Track 1-2. DMACC
FITZGERALD, JACOB



FOSTER, ALISON—Photojournalism 4-7; RIP 5-6; PTP Student Ambassador. DMACC
FOSTER, NATHAN
FREDERICKSEN, STANLEY
GAINES, JESSICA



Best Dressed
James Wells &
Emily Ellenwood



Class Clowns
Mike Boyd & Kelsi McCuen



Best Friends
'MOFOB'

GARRISON, MICHAEL—School Play 1-8; Theater Arts 3-8; Wrestling 1-2. UI
GEIGER, ADAM—Concert Band 1-8; Golf 1-8; Jazz Band 1-8; Marching Band 1-8; Sr. Board; Wind Ensemble 1-8.
GEPPERT, VICTORIA—Debate 6; Drama Club 1-2; Show Choir 3-8.
GILLASPY, JORDAN—Baseball 1-4, 7-8; Bowling 1-8.



GISH, CRAIG
GOMEZ, NYCOLE
GONZALEZ, ALONDRA—Soccer 4,6,8; SG 7-8; I-JAG.
GRIMM, KATHERINE—OA 5; PEP 3-6; Photojournalism 3-8; Quill 5-8; Sr. Board.





GROCHALA, BRITTANY—AL; Bowling 3-8; Mixed Choir 1-2; NCYL; NHS; PEP 3-8; Prep Choir 3-4; Show Choir 5-6; Softball 1-6; Sr. Board; SG 7-8; YLI 1-2. UI

GUERRA, CYNTHIA

GUTIERRES, TIFFANI—AD 1-8; Bowling 5-8; NCYL; NHS 5-8 (Treas.); PEP 5-8 (VP); Scroll 5-8; Softball 1-4; Sr. Board; SG 7-8 (VP); Volleyball 3-4. AIB

HALL, DEANGELO—AL; Basketball 1-8; NCYL; NHS 1-2, 4-8; Sr. Board; Track 3-8; UB 6-8; Project Alpha; Habitat for Humanity



HALL, LATASHA

HAMILTON, BRITTANY—Show Choir 1-4.

HARDWICK, ROBERT

HASTINGS, JACOB—Baseball 1-3, 7-8; Football 1-6; Wrestling 1-4, 7-8.



HAUSER, TRENT—Swimming 3-8.

HEABERLIN, DEWEY

HECKER, TIMOTHY

HEGGEN, ALEX



HELLMERS, BRENNI—NH 7; OA 5-6; Photojournalism 5-6.

HER, CHRISTINE—AL; Chamber Choir 6; NHS; Prep Choir 1-4; RIP 3-6; Spanish Club 4-5; Sr. Board.

HERNANDEZ-VASQUEZ, JOSE—AD 3-5, 7-8; AL; Chess Club 3-7; SB 1-8; Soccer 6, 8. ISU

HEWITT, RANDI—NH 7-8.

HILL, MATTHEW
 HOLDER, TREMESHIA—NH 1; Sisters
 for Success 2. DMACC
 HOLMES, ELIZABETH—Drama Club
 5-6; Quill 3-4; School Play 5-6;
 Theater Arts 7-8. DMACC
 HUGGINS, AMBER—Cheerleading
 1-2; Equip Mgr. 1-2; Soccer 6,8.
 DMACC



HUNSLEY, NATHAN—Special
 Olympics.
 JACKSON, JOSEPH—Basketball 1-8;
 Concert Band 1-2; Jazz Band
 1-2; Marching Band 1-2; Sr.
 Board; SG 7-8; Project Alpha.
 ISU
 JAQUEZ, DANIEL
 JEFFRIES, VINCENT—Baseball 1-2.



JENSEN, KASSANDRA—PEP 5; Track
 3-6; Volleyball 1-6. DMACC
 JENSEN, SCOTT—AL; Baseball 1-8;
 Basketball 1-2; Football 1-8;
 Golf 5; NHS.
 JOHNSON, BRANDIE
 JOHNSON, CASIE



JOHNSON, JENNIFER—Basketball 1-4;
 Softball 1-2; Volleyball 1-8.
 JOHNSON, SARAH—AL; Concert Band
 3-8; Marching Band 3-8; NCYL;
 NHS; School Play 2-8; Theater
 Arts 3-8.
 JONES, ALISSA
 JONES, JESSICA





KASPER, ASHLEY—AL; Bowling 1-5 (Capt. 3-4); Cheerleading 1-8 (Leader 7-8); NHS; PEP 7-8; Quill 3-8 (Design Ed.); Sr. Board; SG 7-8 (Treas.); Tennis 3-8.
KELSEY, BURDETTE
KEOPRASEUTH, PHOUTHASAC—Cross Country 3-8; Orchestra 1-2; Soccer 3-6; UB 3-8. UI
KERN, TIFFANY



KHANTHAVONGSA, BRENDA
KIFER, KRISTI—Prep Choir 1-2; Volleyball 1-5. US Coast Guard
KILLEN, TOM—Home Remodeling 7-8.
KINGEN, HEATHER—Basketball 1-2; Volleyball 1-8.



KILBY, HANNAH—AL; Drama Club 1-2; PEP 5-6; Quill 5-8; SDS 3-4; Sr. Board; Volleyball 1-5. UNI

KITTELL, CODY

KOEPFEN, KAYLA—Basketball 1-8;
PEP 3-8; Sr. Board; SG 7-8;
Track 1-4.

KOURI, ETHAN—Wrestling 1-8.
Kirkwood Comm. College

LABELLE, BRANDON—Basketball 1-2;
Football 1-8 (Capt. 7-8).



LANDERS, PAUL

LANSING, THOMAS—Japanese Culture
Club. DMACC

LAWRENCE, ASHLEY—NH 2-7.

LECHUGA, HUMBERTO—SB 1-8;
Soccer 1-8. ISU



LEE, KA—AL; NH 5-6; PEP 5-8;
RIP 3-4; Spanish Club 5-8; Sr.
Board; UB 5-8.

LEWIS, JOSHUA

LEWIS, JUSTYN—Football 1-7; Soccer
2, 4; Sr. Board; SG 7-8; Track
2-8; Wrestling 2, 4.

LITTLE, KYBRAY



LLOYD, DANIEL—Bowling 1-4, 7-8.

LOCKE, AUSTIN—Chamber Choir
5-8; Color Guard 7-8;
Competitive Speech 1-8; Debate
1-8 (Capt.); School Play 3-8; SB
1-6; Show Choir 5-8; Sr. Board;
SG 7-8 (Pres.).

LOGAN, SEAN—AL; Baseball 1-8;
Football 1-6; PEP 7-8; Sr. Board.

LOSEE, CRYSTAL





LOVAN, JACKLYN
 LOVAN, MARANDA
 LOWEN, SARAH—AL; Concert Band
 1-8; Cross Country 3-8;
 Marching Band 1-8; NCYL; NHS;
 Scroll 5-6; Soccer 1-8; Spanish
 Club 4.
 LOZA, VIVIANA



LU, AUDRIANA—AL; Basketball 1-8;
 Class Officer 7-8; Golf 5-6;
 NCYL; NHS; Scroll 5-8; Sr.
 Board; SG 7-8; Track 3-4;
 Volleyball 1-4; I-JAG 1-8 (VP
 3-4, Pres. 5-8). UI
 LUNA, ALEJANDRO
 LYON, JOSHUA
 MADISON, TANISHA—SDS 1-2;
 Sisters for Success 1-8.



MANNING, JADE—Orchestra 1-8;
 Soccer 3-8; Spanish Club 3-4;
 Sr. Board; Swimming 1-8.
 MANYVONG, METHA—Football 1-3;
 Soccer 1-8. Grand View
 MARQUEZ, MARISOL—Soccer 7-8.
 MARQUEZ, YOLANDA—Soccer 4-8;
 I-JAG 1-8.



MARTIN, JESSIE
 MARTIN, LEIGHA
 MARTINEZ, LUIS
 MATHIS, ALEXANDER



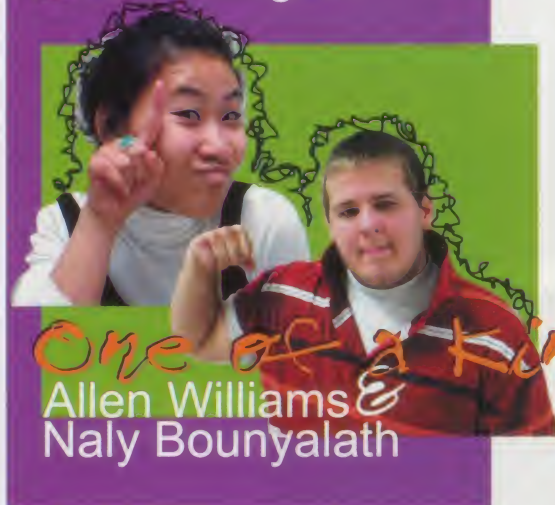
Best Caboose

Jake Hastings &
Brittany O'Dell



Best Hair

Chantell Moody &
Sean Logan



One of a Kind

Allen Williams &
Naly Bounyalath

MAYS, TIA—Basketball 1-8; Drama Club 5-6; NCYL School Play 7-8; Sisters for Success 1-8; Theater Arts 5-8; Track 1-4; Voices of Change; Volleyball 1-2.
McCuen, Kelli—Cheerleading 1-8; NHS; PEP 7-8; Softball 1-4; Sr. Board; SG 7-8.



McDonald, Ian—AL; FFA 5-8. DMACC
McFarland, Sarah—AD 7-8; Concert Band 1-8; Marching Band 1-8; School Play; Theater Arts 3-8.



McGee, Lori
McGriff, Jordan—AL; Quill 5-8 (Ed. 7-8); Scroll 5-8; Sr. Board 7-8; Track 1-4, 7-8. UI



McNeeley, Amber—Concert Choir 5-6. IA School of Beauty
Medina, Jan Karlos—Football 7; Wrestling 7-8.





MENDENHALL, ASHLEY—Sr. Board;
Swimming 1-7. Univ. of the
Nations
MENDOZA, GUADALUPE
MEYENBURG, ABBY—AL; Bowling
1-8; Orchestra 1-8.
MILA, SAMANTHA—Tennis 3-4. ISU



MILLER, ABIGAIL—AL; Debate 3-5;
Color Guard 5-8; Quill 5-8. ISU
MILLER, CHRISTOPHER—AL; Cross
Country 1, 3, 5, 7; NCYL; NHS;
Track 2, 4, 6, 8. Loras College
MILLER, KENDRA—AL
MILLER, KRESHAWNDRRA—ACE 5-6;
Art Club 5-6; Sisters for Success
5-6; Soccer 5-8; Spanish Club
7-8; Sr. Board; SG 7-8; NEHS.

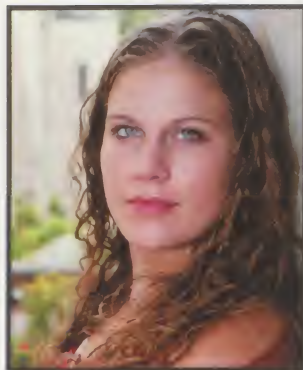


MILLER, MATTHEW
MINTER, DORIAN—ACE 5-6;
Football 1-6; PEP 7-8; RIP
1-4; Sr. Board; Track 1-8; UB
1-8; Wrestling 1-2.
MONETTI, SUSANA
MONGAR, NICHOLAS—Football 1-8;
Quill 5-8; Class Officer (Pres.);
Tennis 4.



MOODY, CHANTELL—AL; Basketball
1-2; NCYL; Orchestra 1-8; SB 1-
8; Sisters for Success 1-8;
Steppers 3-6; Track 1-2; Fusion
5-6.
MORALES, LEONARDO
MOUNPHOXAY, ALYSSA—Mimes 5-6;
Orchestra 1-8; Soccer 1-8;
Spanish Club 3-6.
MULLIN, ALLYSON

MURF, TROY
 MURPHY, LAUREL—Basketball 1-2;
 Track 2-4, 6-8; Volleyball 1-3, 5-7.
 MYERS, ZACKERY
 NELSON, ASHLEY



NERISON, GEOFFREY
 NGUYEN, NUONG THI—AL; Chamber
 Choir 7-8; Mixed Choir 1-4;
 PEP 5-8; School Play 3-4; Show
 Choir 5-8; Sr. Board. ISU
 NIFFENEGGER, WADE
 NUTT, STEPHEN—AL; Chamber
 Choir 7-8; Concert Band 1-8;
 Jazz Band 1-2, 7-8; Marching
 Band 1-8; NHS; School Play 5-8;
 Wind Ensemble 5-8. Grand View



OBERMEIER, BRETT
 O'DELL, BRITTANY—AL;
 Cheerleading 3-7; PEP 7; Prep
 Choir 1-2; Scroll 5-8; Show
 Choir 1-4; SG 7-8.
 ODOM, GABRIEL
 OLGREN, PAIGE



OLLIN, AMY
 ORTEGA, RUBI—AL; Art Club 5-6;
 PEP 5-8.
 OUVerson, STEPHANIE
 PACHA, PHILLIP





PAGANO, ANGELA
PEARSON, CHRIS



PEDERSON, SARA—AL; School Play 4.
PEEK, CHASE



PHANPHASY, LINDA
PHEASANT, MICHAEL



PHENGSIAROUN, MICKIE—AL
Cheerleading 1-8; NCYL; NHS;
PEP 5-8; Sr. Board; SG 7-8, UI
PHILLIPS, ALYSSA

Best Smile
Allen Van Gundy & Jenny Sullivan

Most Likely to Succeed
Naly Bounyalath & Taylor Whittington

Hall Monitors
Masyn Sayre & Allen Williams

PRICE, CODY—Soccer 3-8; Tennis 1-2; Wrestling 1-8. UI
 PRICE, DALTON—Soccer 3-8; Sr. Board; Tennis 3-4; Wrestling 1-8.
 PUGA, ANA—NH 7; SB 1-5; SG 7.
 USMC
 RANGEL, STEPHANIE



REHMS, CHELSEA—BPA 7-8; Concert Band 1-2; Marching Band 1-2; NH 5-6; PEP 3-8; RIP 3-6; UN Trip. DMACC
 REYNOLDS, TAYLOR
 REYNOLDS, TOREY—NH 3-6.
 RING, ALLISON—Cheerleading 3-8; Concert Band 3-8; Marching Band 3-8; PEP 7-8; Sr. Board; SG 7-8.



RIVAS-CORREA, SORAYA
 ROBLES, ARCELIA—Track 1-6. DMACC
 ROTH, AMANDA—AL; Bowling 5-8; NCYL 7-8; PEP 7-8; Photojournalism 7; Softball 1-4; Sr. Board; Volleyball 1-6. UI
 ROTH, SAMANTHA—AL; Bowling 5-8; NCYL; PEP 7-8; Softball 1-4; Sr. Board; Volleyball 1-6. UI



SAN ELIAS, JESUS—Skill USA 5-6; Soccer 1-8.
 SAPPENFIELD, DAVID—Bowling 1-8; Sr. Board; UN Trip.
 SAUNDERS, DARYL
 SAY, MELISSA—French Club 1-2; Soccer 1-6.





SAYRE, MARYN—Cheerleading 3-8;
Equip. Mgr. 1-2; PEP 5-8; Quill
5-8; Sr. Board; SG 7-8.
SCARLETT, SHALEE
SCHIBNER, SAMANTHA
SCHILLINGER, BRIAN



SCHMITT, MACKENZIE—
Cheerleading 1-8 (Capt. 7-8);
PEP 5-8 (Chair 7-8); Sr. Board;
SG 5-8; Tennis 3-8.
SCHULER, CORY
SCHUSTER, DANIEL
SCHWARTZTRAUER, RACHAEL—
Steppers 1-6. ISU



SCOTT, DEXTER—Debate 3-8; Sr.
Board; SG 7-8; Mock Trial.
Iowa Wesleyan
SELLERS, MATTISON—Basketball 1-2;
Cheerleading 1-4; OA 3, 5,
7-8; Softball 1-8; Sr. Board;
Volleyball 1-2.
SHADE, MYKEAL—Art Club 5-6;
Baseball 1-2; Football 1-8.
SHANNON, PAIGE—PEP 5-6;
Photojournalism 3, 7-8; Sr.
Board; Swimming 1-8. DMACC



SHEFLER, CARRIE
SLINGER, KYLE
SMITH, ANGEL
SMITH, JESSICA—Bowling 5-8; Sr.
Board. DMACC

SMITH, MICHELLE—Sisters for
Success 7-8, DMACC
SMITH, SAMANTHA
SPAGNOLO, TINA
SPENCER, JERRICA



STEUERWALD, JAMIE—NH 5-8;
STEWART, TRAVIS—Concert Band 1-8;
Drama Club 5-8; Jazz Band 1-2;
Marching Band 1-8; Swimming
1-4.
STOUTENBURG, CARL—AL; Concert
Band 1-8; Jazz Band 1-8;
Marching Band 1-8; Wind
Ensemble 5-8, UNI
STROUD, KATIE—School Play 7-8;
Theater Arts 7-8.



SULLIVAN, JENNIFER—BPA 7-8;
Cheerleading 1-8; OA 1-8; PEP
7-8; Softball 1-4; Sr. Board; SG
7-8.
SURLIN, DAQUINTA
SYVIXAY, JOSHUA
THOMAS, TYE



THOMPSON, ALAN
THOMPSON, JOHN
THOMPSON, KIVA
THOMPSON, TYLER





TIMM, ALEXIS
 TORRES, AFTON
 TRAN, JESSICA—Basketball 5-6;
 Bowling 7-8; PEP 7-8; Soccer
 5-8; Spanish Club 5-8; SG 7-8;
 Swimming 5-8; Track 1-8.
 TUDOVIC, DOMAGOJ—Soccer 3-8;
 Wrestling 7-8.



TURNER, KANIA
 USOVSKY, BRIANNA
 VANDERPOEG, JESSICA
 VANG, KEE—NHS; Tennis 2-3;
 UB 3-4.



VANGUNDY, ALLEN—AL; Baseball 1-
 2; Basketball 1-8; Marching
 Band 1-2; NHS; Scroll 5-8.
 VAN HELEN, ETHAN—Concert
 Band 1-4; Marching Band 1-4;
 Swimming 1-8.
 VANWELDEN, ROBERT
 VISSER, EMILY

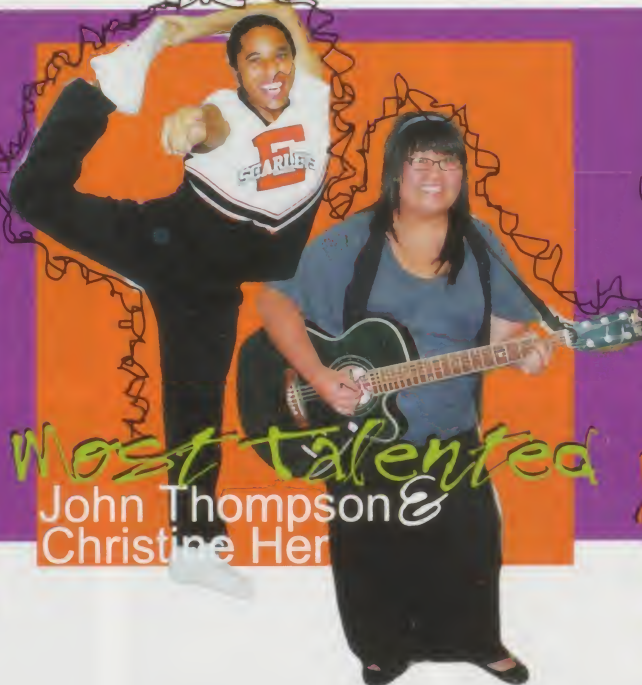
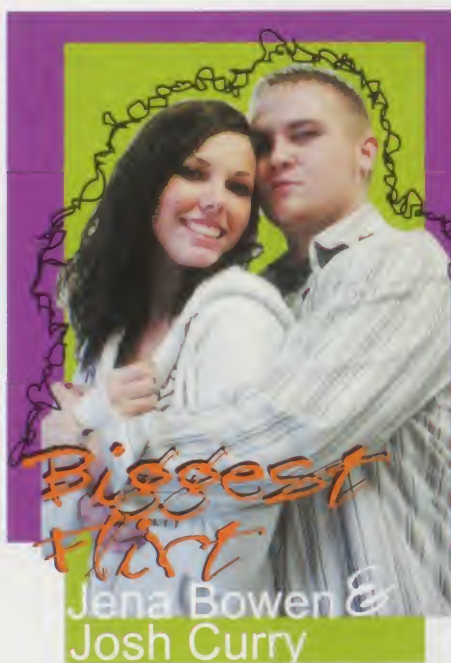


VONG, JESSICA—AL; NCYL; NHS;
 PEP 5-8; Scroll 5-8 (Copy Ed.);
 Sr. Board; NEHS 7-8.
 WARNER, CRAIG
 WATKINS, JACOB
 WEATHERALL, JARED—Basketball 1-
 8; Football 1-5; SB 1-8; Sr.
 Board; SG 7-8. ISU

WEETS, AARON
 WEILAND, MEGAN
 WELCH, GLEN
 WELLS, JAMES—Football 1-4; Soccer
 1-8; Wrestling 1-2, 5-6.



WEST, STEPHEN—AL; Bowling 3-4.
 WHITEMAN, JOHN—Concert Band 1-
 8; Jazz Band 1-4; Debate 1-3.
 WHITSON, NYLA
 WHITTINGTON, TAYLOR—Cross
 Country 3, 5, 7; NHS; Sr. Board.





WIGNALL, ASHLEY—Mixed Choir
1-2.
WILLIAMS, ALLEN
WILSON, ROBERT
WILSON, ADRIAN—Football 3, 7.



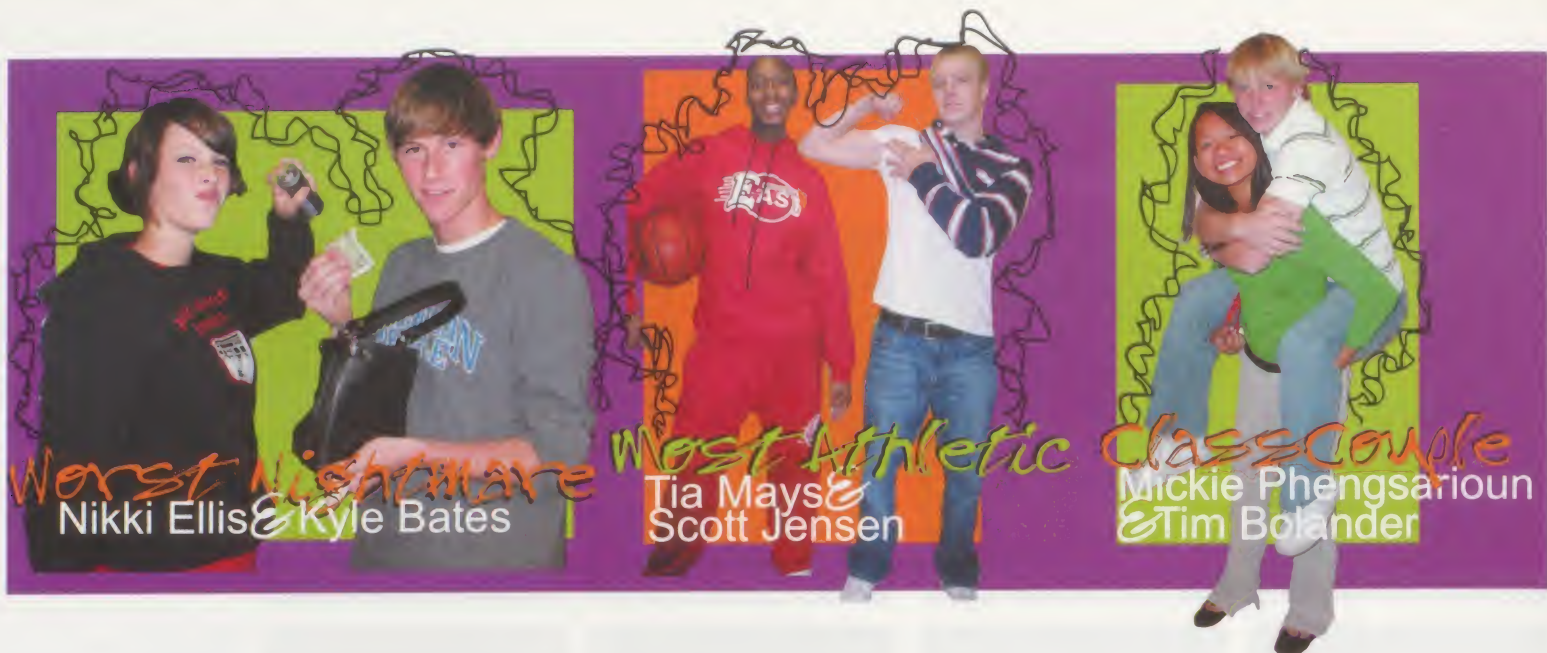
WILSON, CHELSEA
WISSELER, JESSICA
WOLLESEN, DEREK
WOLLESEN, KACEY



WOOD, MICHAEL—Chamber Choir
5-6; Football 3; Mixed Choir 1-
3; Show Choir 4-8; Wrestling 2.
WOODS, MIRAYLA
WOXELL, AMBER—Bowling 7-8.
WREN, NICKOLUS—Skills USA 5-6;
Tennis 1-8; Tech Fair. John
Deere Welding Apprenticeship



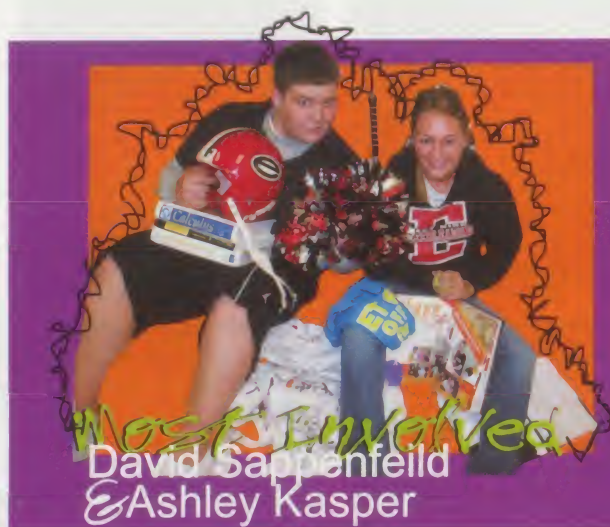
YAW, JESSICA
YOUNG, NICOLE



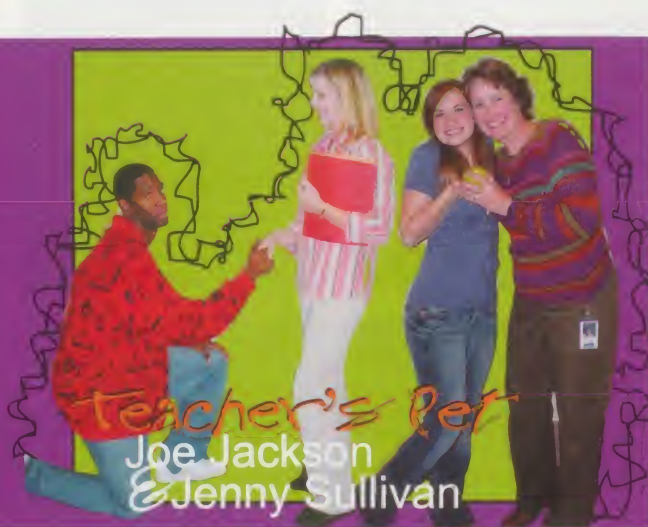
Worst Nightmare
Nikki Ellis & Kyle Bates

Most Athletic
Tia Mayse & Scott Jensen

Class Couple
Mickie Phengsarioun & Tim Bolander



Most Involved
David Sappenfeld & Ashley Kasper



Teacher's Pet
Joe Jackson & Jenny Sullivan

PRESENTLY GONE...

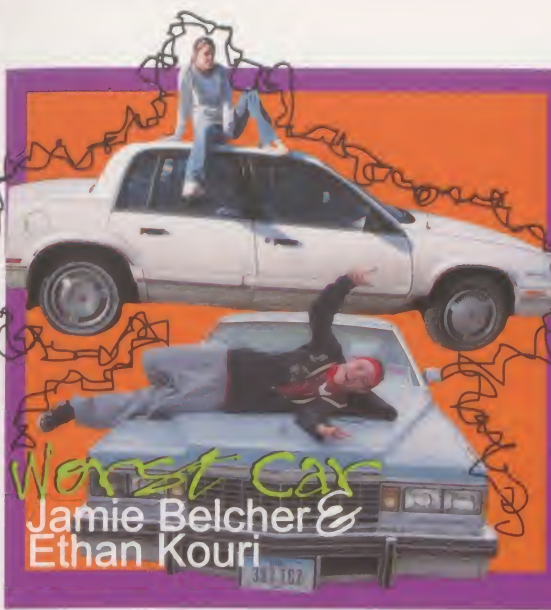
ADAM, TYE
ALARCON, EDWARD
ALLEN, CHAVATHIAN
ALVAREZ, NAHUM
ANDERSON, JAMES
ANDERSON, TANDI
ANDREANO, JOE
ANDREWS, JACOB
ANTHONY, ANDREW
ARREOLA, IDUAN
AUGUSTIN, ZACHARIAH
AUNSPOCH, JEFFREY
AYALA, MATTHEW
BACCAM, MONICA
BALDWIN, LATEZ
BALES, STEVEN
BALLARD, GREGORY
BARLEAN, PETER
BAUER, CHARLI

BEGGS, JUSTIN
BELCHER, JACOB
BELLAPHANT, MAURICA
BISHOP, ASHELY
BISHOP, EMILY
BOSTON, JORDAN
BOYD, MICHAEL
BREWSTER, JEROME
BRICKLES, DAVID
BROOKS, TARAYIA
BROOKS-FERNANDEZ, KEVIN
BURGETT, AMANDA
BUTTS, DERON
CAIN, DAMIEN
CAMPFIELD, ZACHARY
CAO, SON
CARRUTHERS, CODY
CASTILLO, MARCIAL
CEBALLOS, NORMA

CHANDLER, LEONARD
CHAPMAN, BRETT
CLARK, JOVAN
CLEAVER, CHRISTOPHER
CLOSE, COLLIN
COE, BRIAN
COLLINS, ASHLEY
COMBS, TARAH
CREES, STEVEN
DAMRON, PRISCILLA
DAVIS, CHRISTINA
DAWSON, TIMOTHY
DELLACA, MICHAEL
DENG, DENG
DENG, PANTHER
DENNIS, DORA
DILLON, CARL
DO, JESSICA
DRAKE, JAMIE

DUNCAN, RISAUN
DUOTH, NYAMUOCH
EDDINS, CASSIE
ELLIOT, TIFFANY
ELMAMOUS, MOHAMED
ESCOBAR, JENNIFER
ESCOBAR, JESSE
FEES, HEATHER
FLEMING, KYLE
FLORES, MAYRA
FOGLE, SKYLA
FORBUSH, TAUREAN
FRANKLIN, MICHAEL
GARCIA, PAUL
GARDNER, JOSHUA
GIBSON, TIMOTHY
GILLESPIE, DESIRAE
GOHEEN, JOHN
GORDON-YOUNG, CODY

GRAHAM, OLIVIA
GRUTEL, BESSIE
HALL, CHASE
HARDWICK-SCHORI, AMBER
HARKERT, MONICA
HARRIS, TAYVON
HASTINGS, ASHLEY
HEARSHMAN, LOGAN
HERNANDEZ, ERNESTO
HERNANDEZ, JESSICA
HILLS, CASEY
HILSON, ARIEL
HITES, ANTHONY
HOCHMUTH, COREY
HOPPER, LINDSEY
HOWSER, NICHOLAS
IRA, ROBERT
JACKSON, VANESSA
JOHNSON, MELISSA



Worst Car
 Jamie Belcher &
 Ethan Kouri



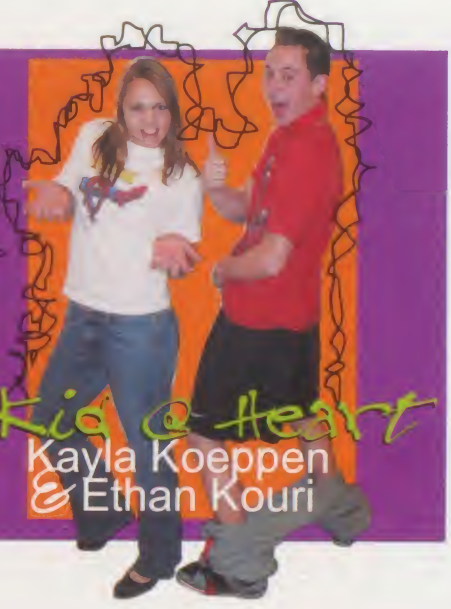
Best Car
 Sean Logan &
 Christina Fast



Always Late
 Audri Lu



Worst School Spirit
 HBK &
 'MOFOB'



Kid @ Heart
 Kayla Koeppen
 & Ethan Kouri

JOHNSON, STEPHANIE
 JONES, ANGELA
 JONES, KAREN
 JONES, TONY
 JOSEPH, TIBISE
 KELLOGG, GEORGE
 KHOANGVAN, MARTIKA
 KILBY, HANNAH
 KILLEN, JOSHUA
 KOMMAVONGSA, TIMOTHY
 LAMIN, ANTHONY
 LARSEN, CHELSEA
 LE, DUY
 LEANOS, DAVID
 LESTER, MARK
 LOHE, TAMMI JO
 LOPEZ, IVAN
 LOVAN, JOHNNY
 LU, ALIXANDRIA

LUFT, TANNER
 MACEDA, IGNACIO
 MADISON, KAYLA
 MAGANG, EMMANUEL
 MAJERUS, ANDREW
 MART, ANDREA
 MATA, LUIS
 MBURU, PIUS
 MCCLDERRY, SEAN
 MILLARD, THOMAS
 MITCHELL, JACOB
 MUNDY, TARA
 MURRAY, BREANNA
 NALL, KRISTINE
 NEAL, THERESA
 NIBLE, KAITLYN
 ORDIAZ, CAROLINA
 ORDIAZ, MIRIAM
 ORDIAZ, ULISES

OSBORNE, STANLEY
 OVERMAN, CHRISTOPHER
 PALMER, ELLEN
 PARKER, CHRISTIAN
 PARSONS, DANIEL
 PENA, JOCELYN
 PHANPHASY, THOMAS
 PRIM, NATHAN
 PRUITT, JACOB
 RATSAKANH, DALUNEY
 REYES, JESUS
 REYES, TALDE
 RHODES, THOMAS
 RIVERA, ARMANDO
 RUACHO, DANIEL
 SALAZAR, COURTNEY
 SCHAEFER, SAMANTHA
 SCHMITZ, ADAM
 SCHOCK, MICHAEL

SCOTT, CRAIG
 SCROGGINS, BRITTANY
 SEHER, LEVITICUS
 SHABAZZ, BRYCE
 SISAMOUTH, BRANDY
 SKINNER, JACOB
 SLIFKA, RICHARD
 SMITH, CODY
 SMITH, RUTHANNE
 SORENSEN, STEPHANIE
 STOUT, CODIE
 STREETER, JOHN
 STUBER, STEVEN
 SWINEHART, JASON
 TEAS, ZACHARY
 VANG, JOEY
 VANG, XYLON
 VASKE, ZACHARY
 VENEGAS, JOSE

VILLEGAS, MERARY
 VOJVODIC, JELENA
 WALDRON, BYRON
 WASHINGTON, THOMAS
 WEBSTER, RAPHAEL
 WEST, MATTHEW
 WHALEN, EDWINN
 WHITTEN, JOSHUA
 WILLIAMSON, BRANDON
 WILSON, ALLEN
 WOLF, ADAM
 WOOD, DAVID
 WYANT, TYREE

Senior Wills...

Passing down the tradition

I ~~Heesein Jackson~~ will my charm to ~~Will Chapman~~

I ~~Amber Hastings~~ will my awesome attendance to ~~James Hastings~~

I ~~Jennifer Johnson~~ will my horrendous king kong burps to my little sister, ~~Sammy Jo Johnson~~

I ~~Brandon LaBelle~~ will football to ~~Brandon Parsons~~

I ~~Tia Maye~~ will my "overused" spin move to ~~Nicky Gaines~~

I ~~Michelle Carter~~ will magical hall of fame skills to ~~Eric Davidson~~

I ~~Hillary Dickens~~ will my ridiculously amazing burning skills to ~~Wendy Spontaneous~~

I ~~Erin Van Heften~~ will my taste in music to ~~Austin Pope~~

I ~~Corey Price~~ will my height to ~~Katie Price~~

I ~~Dalton Price~~ will my kindness to ~~Katie Price~~

I ~~Ammon Belle~~ will leadership of the low brass section to ~~Shane Johnson~~

I ~~Alexis Tamm~~ will my super sweet drag suit to ~~Riley Galvin~~

I ~~Chelsea Reims~~ will my senioritus to ~~Wendy Kimel-Kenardie~~

I ~~Chris Pearson~~ will my procrastination to ~~Yankees Gott~~

I ~~Elizabeth Holmes~~ will high school memories to my sister, ~~Kristina Holmes~~

I ~~Isabel Levan~~ will my beautiful asian genes to ~~Michael Levan~~

We, ~~Daria Sifferfeld~~, ~~Allen Van Gundy~~, and ~~Erin Kaurz~~ will the T&A (Tailgating Association) Presidency to ~~Ed Harris~~, ~~Jonny Coleman~~, via ~~Intense Niece~~

I ~~Allen Van Gundy~~ will my practice gear, may the sweat make you prosper, to my brother, ~~Alex Van Gundy~~

I ~~Baron Weiss~~ will my good attitude to ~~Carly Westmeyer~~

I ~~Ben Brown~~ will my coolness and the popcorn machine to ~~Tobias Wilson-Cross~~

I ~~Shourasade Karpasch~~ will my blessings to ~~Nick Levan~~ and ~~Jenny Choi~~

I ~~Emily Lindwee~~ will my "best dressed" wardrobe and my barbie looks to ~~Heather Blacksmith~~

I ~~Brian Jellmers~~ will my HBIC shirt and my dumb cheers to my sister, ~~Tessa Jellmers~~

I ~~Kelsi Krocker~~ will the choreography of the cheerleaders to ~~Tyler Hunk~~

I ~~Janice Spremerwa~~ will my senioritis (enjoy) to ~~Kirsten Dellach~~

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people



I Robert Van Weelden will the drum line and all it's disfunction to *Anthony Hall.*

I Ethan Kouri will the best 6 years, j/k 4 years, of your life to my brother, *Conner Kouri.*

I Kory Wellesen will my coolness to *Tera Rhoades.*

I Matthew Manfong will fresh style to *Nisa Lovan.*

I Jason Weatherall will my spot on the basketball bench to *Jordan Owe.*

I Chris Miller will my ability to run "abnormally fast" to *Learie Jones.*

I Wyler Shade will talent and hard work to *Quinton Hall.*

I Austin Elger will my stunning good looks and football kicking skills to *Sean DeGoey.*

I Laurel Murphy will my ability to sleep in class almost every day and still pass with c's or higher to *Luke Manley.*

I Darby Ballara will peace, love and happiness to all EHS students.

I Sara Pederson will my first name and scariness to *Sara Padgett.*

I Katie Grimm will ability to pass gym at the last minute to *Brittney Trigg.*

I Viviana Loza will my intelligence and talent to *Juri Vargas, Martha Avila, and Ezequiel Vargas.*

I Joshua Sprick will my amazing dancing skills to *Naifong Yang.*

I Jenny Sullivan will my ability to pass class to *Chris Sullivan.*

I Brett Kelsey will my jump shot to *Troy Perez.*

I Abby Bourjalath will the spirit of NHS to *Michael State and Ra Yang.*

I Mackenzie Schmitt will my sweet saturday morning wrestling attire to *Heather Seward and Michelle Cory.*

I Mattison Sellers will my amazing burping skills to *Ashley Prettiman.*

I Quavi Lu will my magnificent ability to drive and get to class on time to *Kalvin Fields and Raige Gee.*

I Delanda Marquez will my awesome soccer skills to *Eduardo Marquez.*

I Cheshia Clark will my smarts and good looks to *Lee Wee Porter.*

I DeAngelo Hall will my quickness to my little brother, *Danlap Hall.*

I Ashley Kasper will my homecoming crown to my sister, *Madison Kasper.*

I Cory Bosley will making the state playoffs to *future football teams.*

I Damaris Davis will my puzzle solving skills to *Skyler Chandler.*

I Masyn Sayre will my awesome flying abilities to *Karelynn Tappan.*

I Marylee Adams will my hardwork to my sister, *isis.*



senior baby photos

twenty years from now you will be
more disappointed by the things that
you didn't do than by the ones you
did do. so throw off the bowlines. sail
away from the safe harbor. catch the
trade winds in your sails.

explore. dream. discover.

-Mark Twain





katie jones



Kayla Court



laurel murphy



mickie phengsaiaroun



kamleen bernadino



kelsi mccuen



matthew manyvong



randy duncan



emily stenwood



ashley kasper



mattison sellers



colton collins



elizabeth holmes



josh syvixay



mikel been



mackenzie schmitt



nikko & allie slits



sam schriber



scott jensen



sean logan



stanley frederickson



tiffani gutierrez



tim bolander



viviana loza



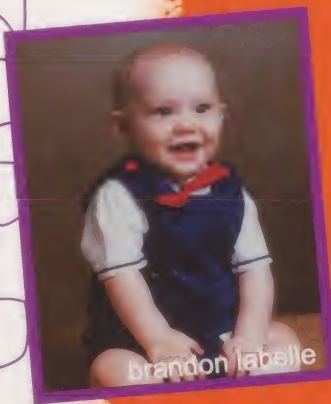
zach myers



masyn sawyer



kreshawndra miller



brandon labelle



alex luna



amanda belk



ethan kouri



joseph jackson



amanda davis



brittany hamill



cody price



jacob hasting



jessica vong



sam & amanda roth



brenda kxanthavong



paul landers



heather kingen



amber higgins



josh curry



michele mongar



jordan mcgriff



deangelo hall



abby mayenburg



yolanda marquez



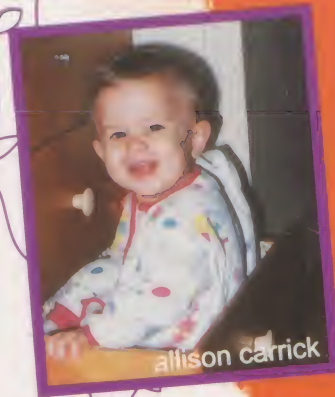
derek adams



chris pearson



jazmin brown



allison carrick



john thompson



amanda coleman



jennifer sullivan



pennie bland



arcelia robles



casie johnson



ben baumbach



justyn lewis



chelsea rehms



christina fast



crystal losee



rubi ortega



amber mcCreary



Irma dominguez



paige shannon



lakesha clark



jill ayersman



mykeal shale



adam eklund



allison ring

2002

Class of

Constitution

senior baby photos

moving on

taking the 'first step'

Layout By
Nick Wenger



Allen Van Gundy
Communications



Allie Ellis
Dermatology



Scott Jensen
Liberal Arts



Emily Ellenwood
Hair Styling



Tia Mays
Sports Management



Mackenzie Schmitt
Business

What are you going to do next when you're finished with High School?" Many East high seniors have been asked this question, and the possibilities are almost endless: whether it's college, heading straight into the workforce, or taking a year off to "collect your self." This is potentially the biggest decision that you have made so far in your life, and could dictate what you'll be doing for the next 50 years.

For many of us we're not quite sure of our plans and the best choice both financially and flexible is starting at a community college with a liberal arts program, and decide after a year or two on a major.

Senior Tiffany Carroll and many other students will be attending the Des Moines Area Community College, the most recognizable community college in Iowa with six campus locations.

"I'm going to get my general education and save money, and then I'll transfer to an undecided university to pursue my career choice in graphic design," said Carroll.

But other students have known from an early age what they want to be, and have since planned out their future to obtain that goal.

Senior Emily Ellenwood has wanted to be a hair stylist since she was little, and plans on attending Kirkwood in Iowa City and later transferring to the Iowa School of Beauty.

"I've always liked doing hair and make up," said Ellenwood, "I am planning to open up my own salon someday."

Senior Allie Ellis plans on attending either Drake or Iowa, where she will study Dermatology, a career path that she had chosen many years ago.

"I feel that I'm going to be able to relate to many people and help them," said Ellis.

Other than the long hours of studying to get good grades, East also has some students who plan on taking their athletic talent to the next level.

Senior Scott Jensen is planning on attending Ellsworth Community College in Iowa Falls, where he will continue to play baseball.

"I'm really excited to be playing at the next level," said Jensen. "Ellsworth is a great school, and is going to help me decide where I want to be in the future, and find a career path that would best fit me."

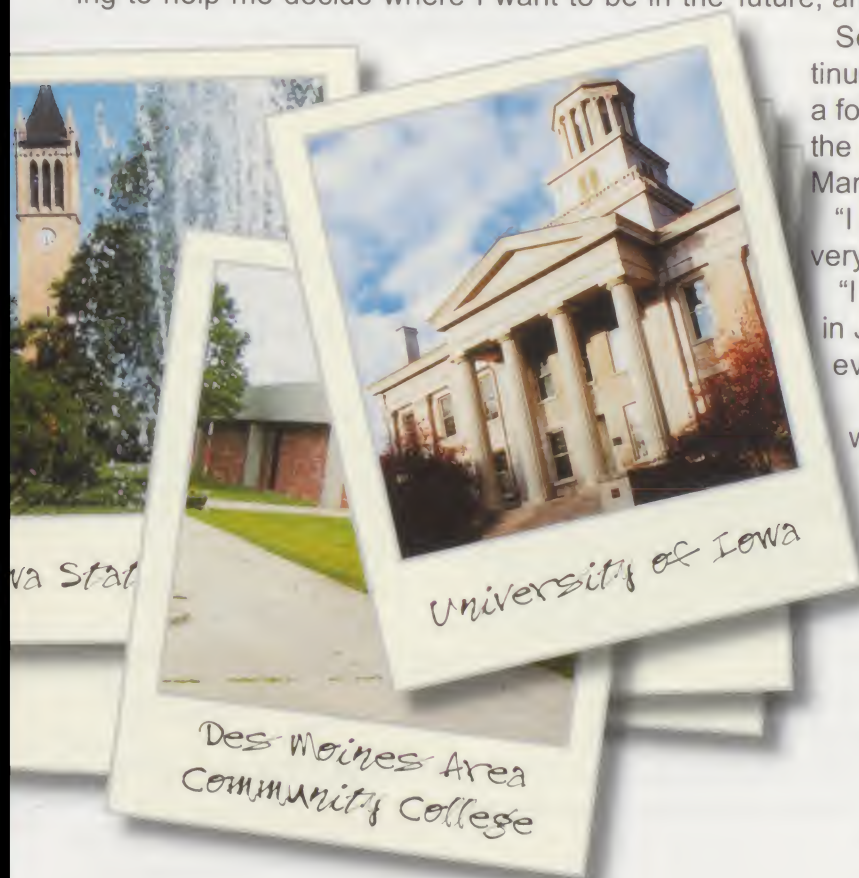
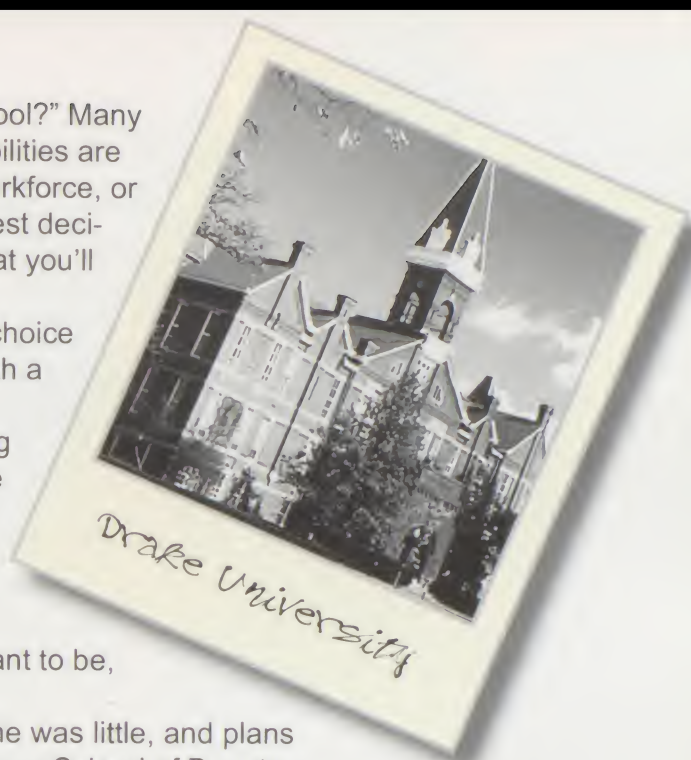
Seniors Tia Mays and Allen Van Gundy will continue their basketball careers into college. Mays, a four year varsity player, has agreed to play at the University of Iowa, where she will study Sports Management.

"I feel that if I go in and work hard that I will be a very good asset to the team," said Mays.

"I want to major in Communications with a minor in Journalism," said Van Gundy. "I feel that where ever I go, God will bless me with my talent."

This is what just a few of the seniors at East will be doing once they leave these hallways.

The path you choose is up to you, and with as many options out there to decide on, be sure to make it an educated one.





URBANDALE SENIOR David Benitez focuses during AP Environmental Science. He says Central gives him the opportunity to learn study subjects he would not be able to study at Urbandale.

Central Campus is the school away from school that offers East High students a chance to challenge themselves, practice future careers, and develop life skills.

I wanted to have more experience for after high school and I'm thinking I will use it in the future

Sophomore **Dustin "Carlo" Axeland** takes Italian 1&2 second and third hour at central. He said he might be able to use the language later in life when he hopes to go to Italy.

"I took the class because I wanted more experience for after High School and I'm thinking this is a language I will use in the future," said Axeland.

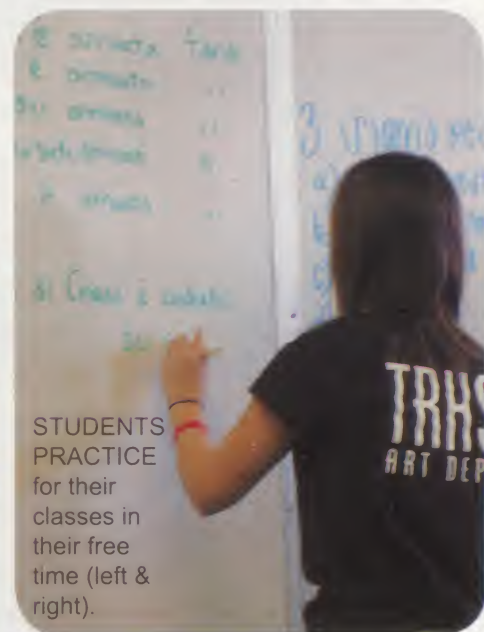
Axeland's Italian class is taught by **Giovanni Leo** who grew up in Italy and can give first hand experience of the country, something every school in Des Moines could not offer individually.

Central Campus also offers more to East High by allowing students to take classes that are more demanding and programs outside of the normal High School curriculum.

Central offers East High students exciting opportunities that they could not otherwise have in their everyday experiences.

new structure

new opportunities



STUDENTS PRACTICE for their classes in their free time (left & right).

Central
&
Papajohn



"As you can see, Central has an old fashioned and traditional feel but it needs to be renovated. Papajohn is more energetic and has a more modern vibe."

-Sophomore Allison McKay

central campus **203**

pre-prom

pre-parations

Story/layout by: Brittany Syvixay



Junior Ashley Gogarty looks at a price tag while shopping for a dress. Buying just the exact dress is the most important duty for prom but it can be quite expensive.

“The best color in the whole world is the one that looks good on you.”
-Coco Chanel

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people



Important aspects in making the final decision on your dress are a style that complements your body type, as well as a color that looks great on you.

It's all about a Cinderella story; the perfect gown and glass slippers, a handsome prince to call your date... but hopefully your carriage doesn't turn back into a pumpkin at midnight. Wait, we're getting a little ahead of ourselves; preparation is a key element before a momentous occasion such as prom.

In the minds of teenage girls, prom is envisioned as a flawless evening. Dreams become a reality for juniors and seniors, all the anticipation boils down to this one night. Although it may seem like a lot of nonsense for just a few hours at the Za-Ga-Zig Temple, getting ready months in advance is crucial.

"I flip through magazines searching for the perfect dress and then I look for it at all of the shops. After getting my dress, I look for shoes and jewelry to match. When I've bought everything I need, my date and I order his tuxedo so we match and look great together for the dance," said senior **Mickie Phengsiaroun**.

Like the Super Bowl, events leading up to the real deal are just as important. Even though guys and gals have different duties that need to be fulfilled, they all have a main objective; make prom a night to remember.

The ladies checklist is made up of tasks such as finding the dress you just can't live without, matching accessories, a flawless tan, getting your hair and nails done, a boutonniere for your cute date, a clutch full of all the supplies you'll need, and a camera to capture the moments that will bring back memories in the years down the road.

The checklist for men consists of making the dinner reservations at a nice restaurant, and buying the tickets and corsage. Although the guys have a shorter checklist therefore they have less to do, their jobs are just as important.

"My date told me what her dress looked like so I could rent my tux ahead of time. I also made the dinner reservations at a restaurant we both love and I rented the limo," said junior **Andy Tran**.

Whether flying solo or sharing the night with a special someone, traveling in a large group is your best bet.

"I've gone with just a date to almost all dances but all of our friends go in a big group. **I think most people have dates for prom because it's a pretty big deal,"** said senior **Mackenzie Schmitt**.

It's typical to go in groups of multiple dates or just with a bunch of your closest companions. It eases some of the stress and hectic details that the night entails. Spending the night with music, dancing, and friends or a date, the memories made by prom justify all of the insane preparations and stress.



"I love to go shoe shopping."
-Junior Alexis Ficek



"Get sexy."
-Senior Cody Bowers



"Get my hair done."
-Senior Jenny Sullivan

What's
your
favorite
thing to do
before
prom?

pre-prom

Carolina Aguilar
Jorge Aguilar
Cecily Ambrosio
Stacy Anderson
Sydney Armater



Larry Armstrong
Todd Arnold
John Audas
Jericka Austin
Martha Avila



Socorro Avila
Christopher Baccam
Coby Baccam
Jacob Bailiff
Emily Banks



Patricia Barton
Erik Bason
Franzi Bauer
Gage Bauer
Amanda Baumgardner



Marlene Bautista
Sammie Beal
Kenli Beck
Jaleesa Beechum
Miranda Beerbower



Samantha Belger
Jamie Bentley
Luis Bernabe
Catherine Berst
Alyssa Betts

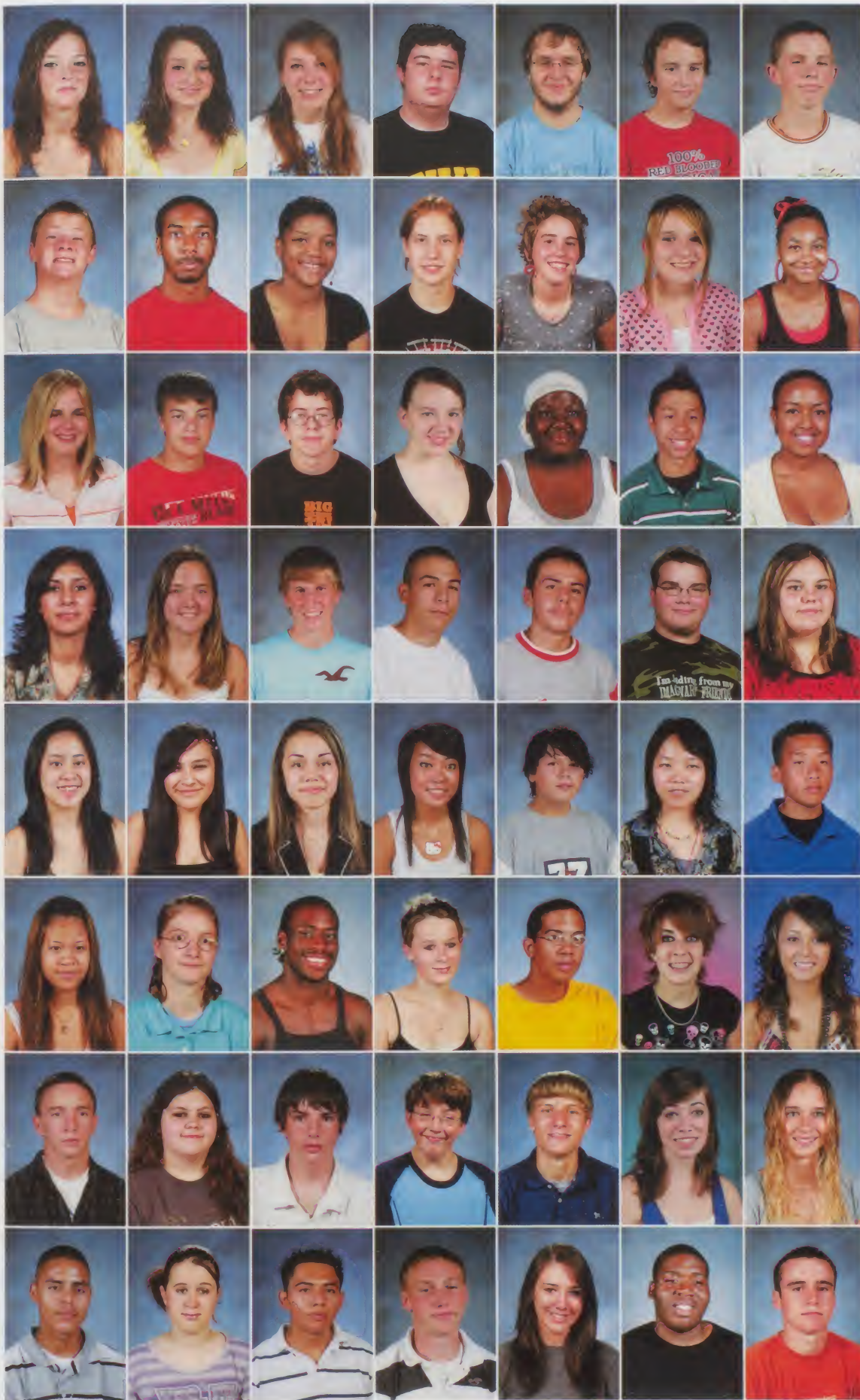


Erik Bishop
Kyle Blair
Robert Blair
Falya Blakely
Fulisha Blanshan



Damion Blasnitz
Jacob Blodgett
Jamell Bolden
Jody Borton
Samantha Bosch





Kaydie Boyd
Nichole Boyd
Courtney Bozman
Andrew Bradley
Michael Branson
Andrew Brewer
Ryan Brewer

William Brewer
Aaron Brown
Antionae Brown
Tia Brown
Kayla Bruce
Alisha Buchman
Shy-Londa Bumpus

Faith Burnett
Morgan Bush
Robert Byron
Kerissa Cain
Thelma Cain
Ryan Cam
Ebony Cameron

Maria Campa
Andrea Campbell
Samuel Campbell
Estefan Cardenas
Saul Cardenas
Micheal Carolus
Jessica Casner

Nari Cavan
Fatima Ceballos
Jessica Ceballos
Jenny Chai
Skyler Chandler
Jennifer Chang
Kai Chanthakham

Emily Chanthavisouk
Margery Chase
William Chatman
Ashley Clark
Corey Clay
Melody Cleaver
Jasmien Clouse

Johnny Coleman
Emily Colvert
Nick Cone
Rodney Conn
Cillian Conner
Larissa Connett
Tabitha Consolver

Gaspar Contreras
Nichole Cook
Ludwing Cornejo
Jacob Cornelison
Michele Cory
Andre Coyle
Joshua Cozad

Robbie Crane
Meltisha Crawford
Anthony Cross
Shane Cross
Jose Cruz
Karina Cruz
Joshua Cunningham



John Daly
Ashley Dameron
Michael Davidson
Kristen Davies
David Davis
Mandy Davis
Robert Davis



Bradley Davison
Angel Decker
Jeremiah Deever
Anthony Delisle
Kirsten Dellaca
Christina Demoss
Kristina Denin



Arnesha Dennie
Paulina Do
Tram Mai Do
Neil Dobson
Kendi Dockum
Nathan Donahue
Julieann Drake



Matthew Drew
John Drewes
Matthew Dulaney
Shelby Eckardt
Travis Edverson
Justin Edwards
Natasha Ellis



Taylor Erickson
Kimberly Faux
Eric Feldmann
Kelly Fetters
Alexis Fieck
Kalynn Fields
Eric Fierro

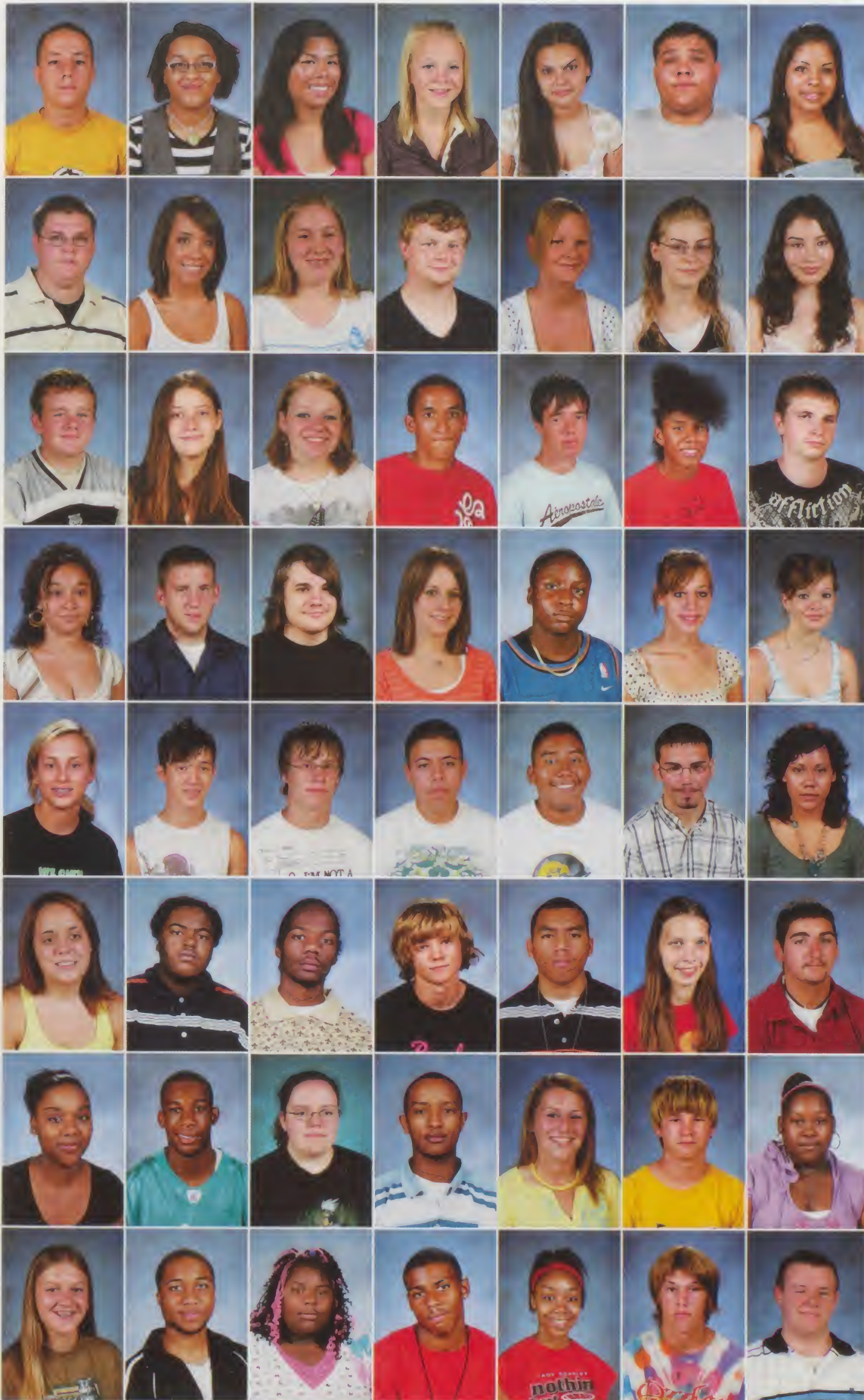


Dennis Flanders
Robert Fogle
Kody Ford
Chris Foster
Zamira Fraire
Jessie Frazier
Joshua Fredrickson



Brandon Freerksen
Jeffery Frye
Anthony Funaro
Megan Gabriel
Seth Gagle
Jessica Gaines
Hector Garcia





Ryan Gile
 Mariah Glynn
 Elizabeth Godoy
 Ashley Gogerty
 Lacey Gomez
 Phillip Gomez
 Jacqueline Gonzalez

Tailor Good
 Brooke Green
 Rebecca Green
 Roman Gregg
 Elizabeth Groh
 Kerrie Gruwell
 Patricia Gutierrez-Leon

Dustin Hadley
 Kathren Hadley
 Amber Hager
 Anthony Hall
 Jordan Harmon
 Richard Harris
 Jacob Harrison

Salena Harrold
 Colten Harvey
 James Hastings
 Chrisanne Hauser
 Robert Hawthorne
 Meghan Hearshman
 Tessa Hellmers

Miranda Henderson
 Jordan Henkle
 Brian Hensley, Jr.
 Adrian Hernandez
 Jonathan Hernandez
 Devon Herold
 Sara Hilano

Morgan Holcomb
 Dorian Holder
 Herbert Holder
 Christopher Hols
 Paul How
 Johnica Hudson
 Charles Hughes

Sashekwa Hughes
 Keith Hunter
 Natasha Huxford
 Elmoiz Ibrahim
 Stephanie Janssens
 Marcus Jarnagin
 Iresha Jenkins

Ariel Jetty
 Andre Johnson
 Diamond Johnson
 Sander Johnson
 Skylar Johnson
 Johnny Jones
 Pearl Jones

juniors

Roda Joseph
Kelsi Kern
Kevin Khantavong
Jessica Kilby
Joseph Kingery
Allison Kinter
Darika Kouangvan



Claudia Kyalangilwa
Zachary Laird
David Lammey
Kameron Lampe
Dionna Langford
Corey Le
George Leach



Nis Lemthi
Nicole Lester
Kurtis Lewang
Lois Lewis
George Lijadu
Maria Lopez
James Loterbour



Omar Lott
Nisa Lovan
Ashley Lovell
Oscar Lucatero-Trevino
Nicole Lukenbill
Colby Luongvan
Cesar MacEda



Phraitho Madison
Benjamin Majerus
Luke Manley
Jacob Mann
Shardaine Manson
Sharde Manson
Linda Marquez



Constantino Marroquin
Alec Martin
Corey Massey
Genaro Mata
Stacia Mattix
Patrick Mburu
Molly McCuddin

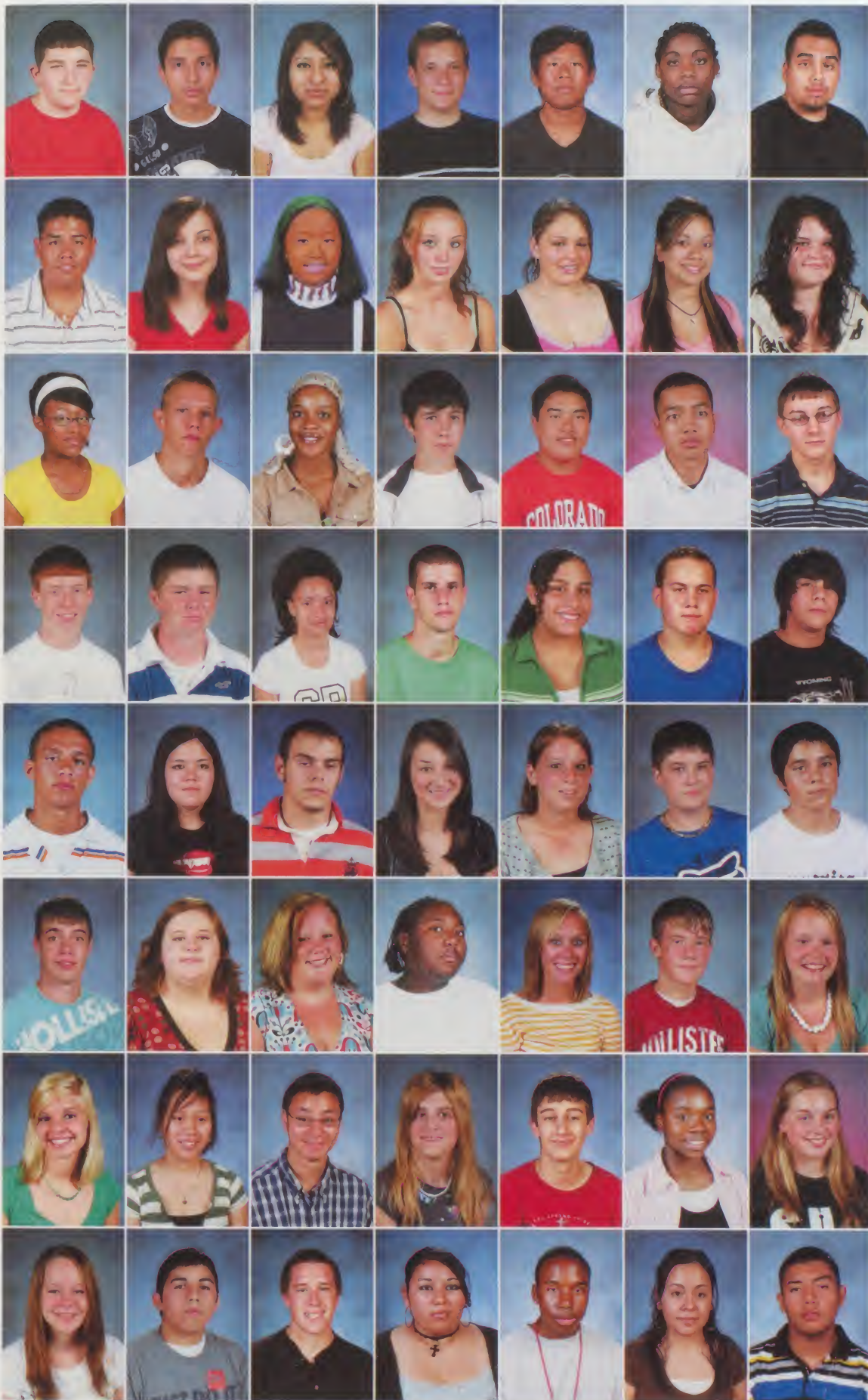


Justin McGinn
Theodore McGinnis
Melvin McGregor
Marshall McKay
Richard McKeehan
Hannah McKeever
Derrek Meath



Elizabeth Medina
Eric Michael
James Michael
Ashley Miller
Elysia Miller
Tyler Miller
Zachary Mitchell





Jesse Moeller
Jorge Montalvo
Madai Montesinos
Jeffrey Moore
Kyle Moore
Precious Moore
George Moreno

Mario Moreno-Figueroa
Courtney Morton
Alis Moua
Emily Mullen
Meribeth Mullin
Ruby Murillo
Courtenay Murphy

Morgan Murray
Levi Nall
Angeline Nayou
Shawn Nelson
Doan Nguyen
Phuc Nguyen
Charles Nicholson

Joseph Nixon
Antonio Nizzi
Jamie Odegaard
Cody Oliver
Danielle Oliver
Kyle Omundson
Albert Ortega

Jordan Owen
Elaine Pacha
Daniel Padgett
Christina Palmer
Amy Parker
Devan Parsons
Omar Patino

Steven Patrick
Jessica Patterson
Meleah Patterson
Edward Perkins
Jocelyn Perkins
Jacob Peters
Joanna Peters

Jordan Petrie
April Phommavong
Preesa Phondeth
April Poland
Justin Porter
Tifanie Porter
Katie Price

Sunday Ratcliffe
Roberto Raya
Richard Reed
Rosa'Sarai Rendaros
Frank Renfro
Adriana Reyes
Fernando Reyes

juniors

211

Janeth Reyes
Gage Rhoades
Elizabeth Richardson
Thorin Richardson
Chelsea Rife
Juan Rincon
Amy Ritchie



Adam Robbins
Ryan Roberts
Brianna Robinson
Kimberly Robinson
Lakeitha Robinson
Raymen Robinson
Shahira Robinson



Tiara Robinson
Cecilia Robles
William Rochon
Erica Rockey
Antonio Rodriguez
Consuelo Rodriguez
Guadalupe Rodriguez



Jesus Rodriguez
Karen Rodriguez
Colin Rogers
Deangelo Rosenbalm
Joshua Rothmayer
Kyle Rowe
Stephanie Rumbaugh



Calab Rustan
Jaymee Ryan
Jacob Sable
Abdulqodus Saeed
Luis Saldana
Aneda Sandoval
Jose Sandoval-Garcia



Maria Sandoval-Garcia
Brittany Scanlon
Samantha Scott
Haley Senecaut
Heather Seward
Terreon Shabazz
Sam Sheldon

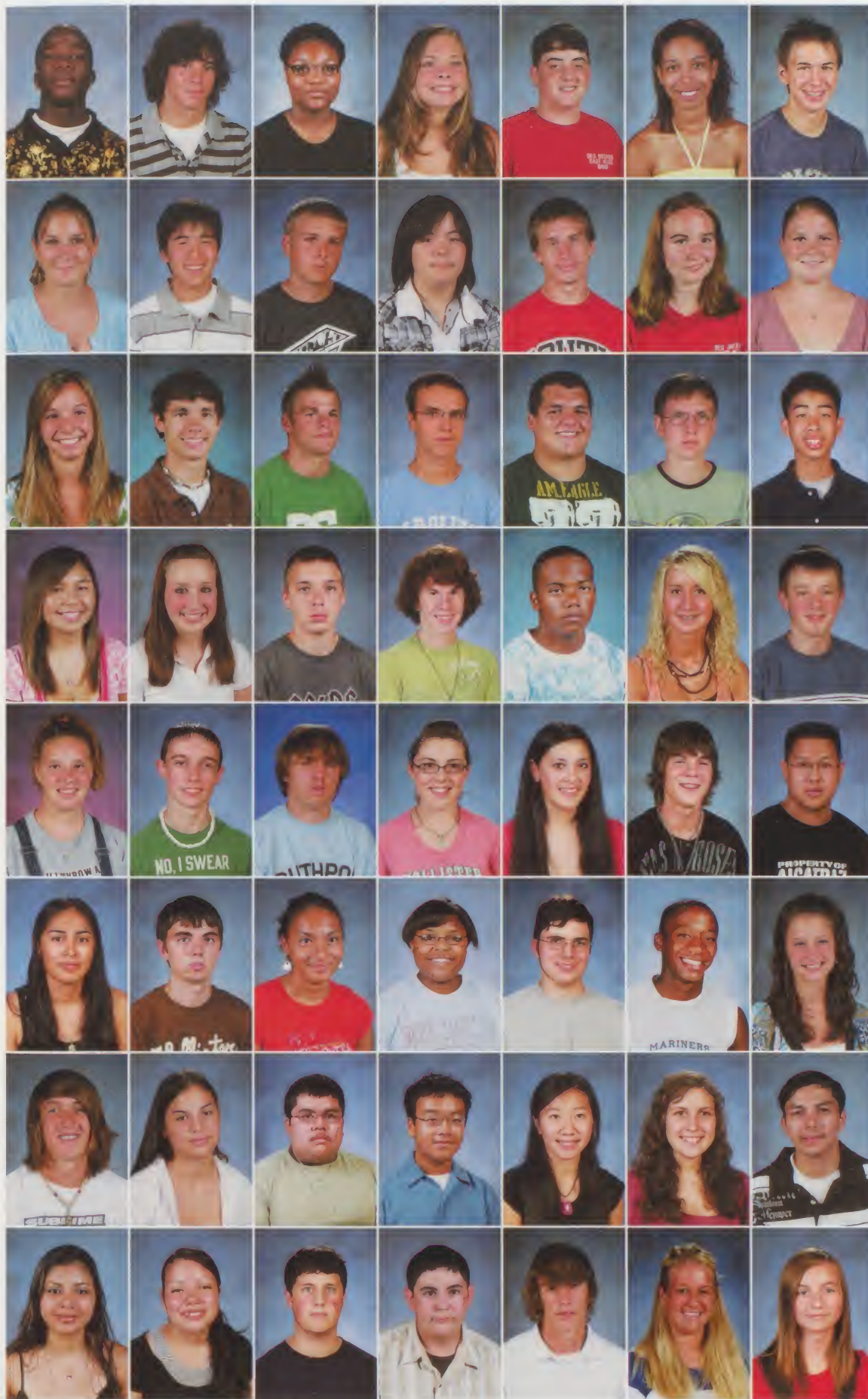


Charissa Shepherd
Stephen Sheridan
Vilaykham Siakhasone
Tayler Sibert
Chauncy Skeffington
Alexandria Slifka
Erin Smith



Katelynn Smith
Klandre Smith
Marcus Smith
Richard Smith
Shelby Smith
Skylar Smith
Benjamin Snow





Mark Soe
Brett Spaur
Conner Spinks
Crystal Spurgeon
Robert Starace
Josephine Starks
Michael State

Tara Stephens
Anthony Stevens
Donald Stevens
Karlie Stevens
Thomas Steward
Brittany Stilson
Alyssa Strahl

Allison Stuhr
Tyler Stumme
Christopher Sullivan
John Swackhamer III
Johnathon Swanson
Corey Swisher
Bobby Sysombath

Brittany Syvixay
Katelynn Tappan
Jerel Teichroew
Randy Tharp
Cameron Thompson
Marissa Thompson
Scott Thompson

Megan Thurmond
Nicholas Tiano
William Titus
Samantha Toomer
Samantha Torres
Thomas Torres
Anousone Tran

Lesly Trejo
Aaron Tucker
Diamond Turner
Shanae Turner
Travis Tutje
Horaleo Ukpan
Melissa Ulmer

Bradley Underwood
Abigail Urbina
Jose Valdez
Naipong Vang
Pa Vang
Rose VanGundy
Ezequiel Vargas-Palma

Yuri Vargas-Palma
Maria-Monica Velasquez
Ryan Verwers
Jay Villalobos
Aaron Vincent
Kylie Vry
Brooke Wade

juniors

Christina Wagner
Cody Waldon
Jeffrey Walker
Pamela Walker
Robert Walker
Devin Waters
Matthew Webb



Crystal Weesner
Brittani Weichman
Jorry Welch
Randy Weltzheimer
Johnny Wentland
Jordan Wentland
Kian Wiand



Matthew Widlund
Markey Wiles
Nicole Wilford-Kirk
Brittany Wilkinson
Christopher Williams
Travis Williams
Sheena Willson



Derick Wilson
Shawna Wilson
Tyler Wisnousky
Lacey Woltz
Katie Woods
Heather Wright
Patience York



Chase Young
Jennifer Young
Lindsey Young
Robert Young
Joshua Zenor



PRESENTLY GONE...

ALEXANDER, ALEXIS
ALOUNG, ATONG
AVILES, EDIN
BOWIE, YASMIN
BROWN, LACEY
BROWN, NATHAN
CARTER, JUSU
CHANDLER, SARAH
CHAPMAN, JOHN
CLAY, CHELSEA
CONKEL, MEGAN
CORTES, JENNY
FINN, ALEX
GARCIA, CYNTHIA

GLOVER, KAYLA
GULLING, CASEY
JACKSON, JOANNA
KING, ARIEL
LAYMON, GORDON
LEWIS, CHI'NEEMIA
McFARLAND, DAVID
MILLER, DUSTIN
MOATS, DERIC
MOYE, ERNEST
NGUYEN, MY NGOC
OWENS, ZACHARY
PEREZ, GAVINO
ROBINSON, MARVIN

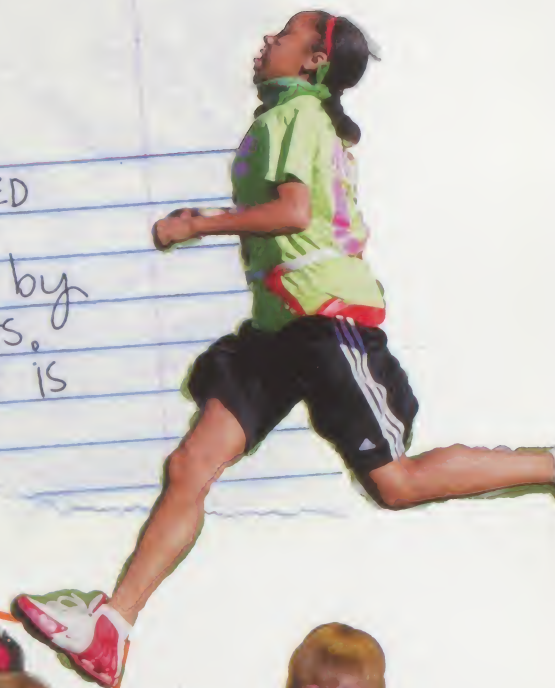
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STEPHENSON, LYLE
STREETER, JOSHUA
TEMPLETON, ANDREA
TERRONES, ANDRES
THOMAS, JACQUELINE
TITUS, NICHOLAS
UVALLE, LESLIE
WATSON, BRIEN
WHITE, MARIZOL
WILKERSON, MARSHALL
WILLIAMS, COREY



Juniors

09

Today, we LIVE a life of CONTROLLED
CHAOS. We're belled down by
Curfews and Highschool and our 'rents.
That's not enough to stop us. Life is
CRAZY, and so are we! :s



What
did you
think
□



"If you have a license you should be able to park in the parking lot."

-Sophomore Caitlyn Carmichael



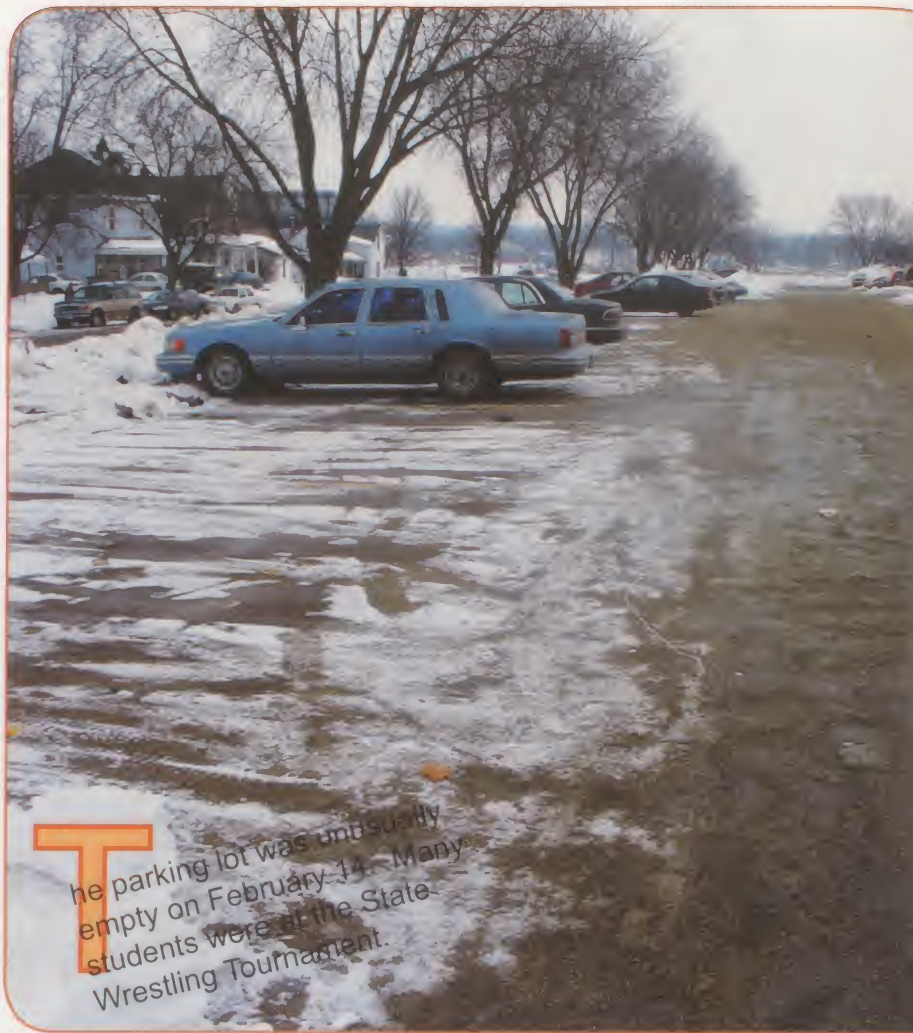
"I think we need more space for the crazy drivers that get into an accident pulling out of the parking lot (like me)."

-Junior Ashley Lovell

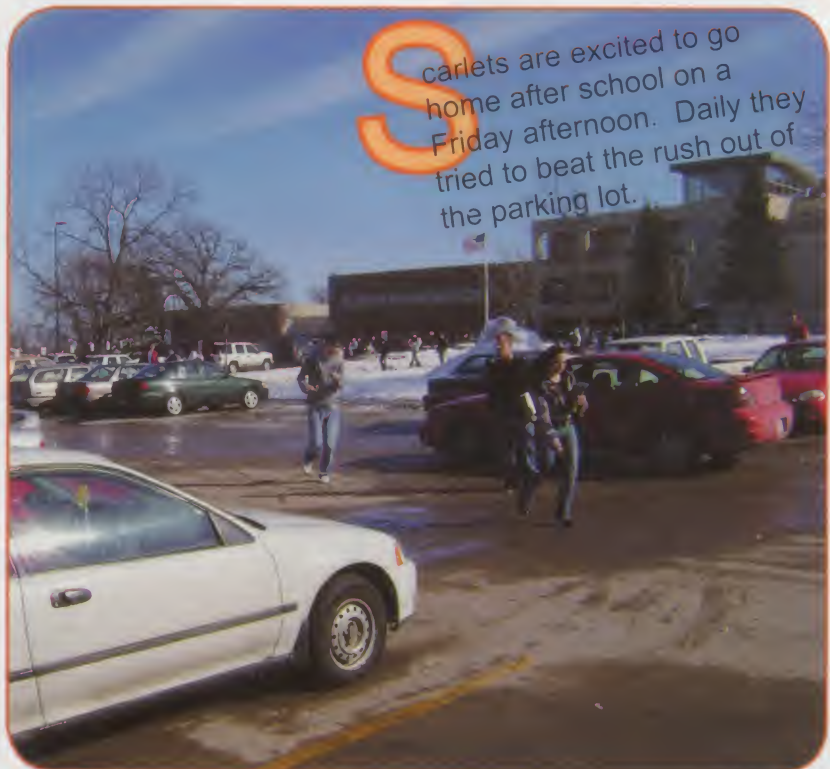


"It was bad when we had to park on the streets on snowy days, and risked being ticketed."

-Sophomore Kate Hurley



The parking lot was unusually empty on February 14. Many students were at the State Wrestling Tournament.



Scarlets are excited to go home after school on a Friday afternoon. Daily they tried to beat the rush out of the parking lot.

finding a spot: east's student parking lot

East High is fortunate enough to have the convenience of a parking lot for students to use on a regular basis. However, there are some things that students think should be changed about the parking lot.

Many students believe that the size of the lot is a big issue that needs to be dealt with. Some cars are even parked against the curb around the lot.

Junior **Alli Stuhr** said, "The parking lot is too small to accommodate all of the students' cars."

Students also hope that certain spots are reserved in the lot next year. Some think that activity members and class levels should have designated spots in the lot.

"Spots down in the Whitney Lot by the new gym should be reserved for band kids," said senior **Amanda Bellis**. "Most band kids have first and last hour in the band room. It would be more convenient for them."

"Seniors should be designated for front row spots next year," said Stuhr.

This year, only juniors and seniors were given permits to park in the lot, but this didn't keep some sophomores from parking in there.

"All year, sophomores were parking in the lot," said junior **Donny Stevens**. "It got annoying when the people without permits got spots, and the people with permits couldn't find any open spaces."

Students hope that next year the student parking lot will be a little more organized and roomy.

Stevens said, "Maybe next year they could crack down on illegal parking a little bit more."



The new circle drive on the north side is a convenience for students being dropped off. It also expands the parking lot this year.



student parking lot

Senior

dear east high you are the school for me, you will
always win the victory, red and black to you we'll be
true. and we will bring great honors to your hip-hop
honor roll

class of 2010

Ahmed Abdelrahim
Afton Abel
Marvene Ackiss
Sabreen Al-Hameed
Hugo Alanis-Vega

Kristin Alexander
Lindsey Altford
Kelsie Allensworth
Gavin Althaus
Rene Amaya

Dulce Anaya VI
Kayla Andrews
Deryk Arnett-Delk
Cicilia Atary
John Auch

Tyler Avant
Christopher Avery
Humberto Avila
William Aviles
Dustin Axland

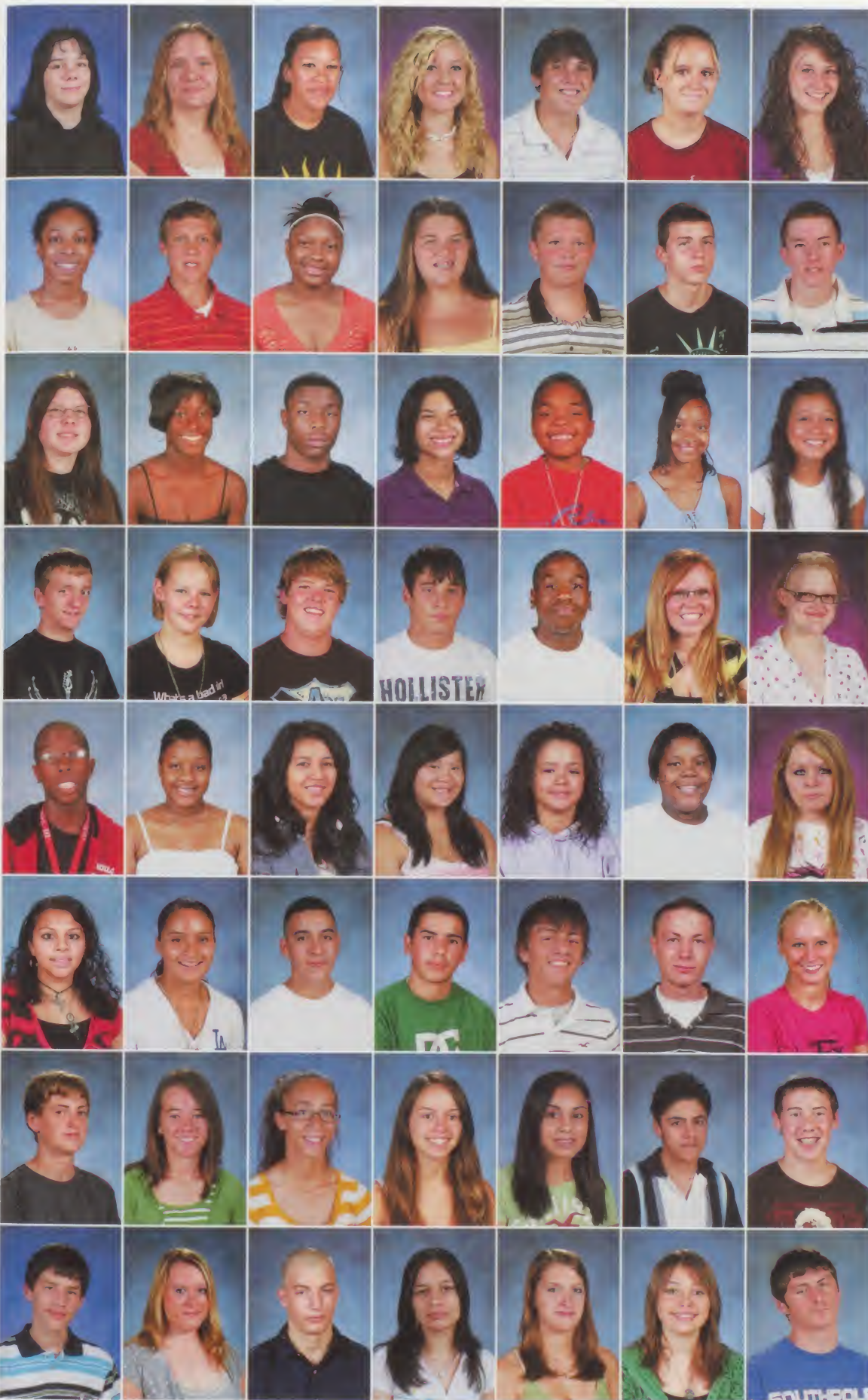
Nicole Baccam
Ellis Balark
Dillion Barber
Kelsie Barnard
Cody Barrett

Michael Battin
Leilani Baugher
Drew Becker
Brittany Beckman
Michael Beem

Brittney Beery
Ryan Beggs
Ceeria Bekish
Buddy Beliel
Jacob Bellman

Zachary Bennett
Cherish Bensley
Michelle Bernardino
Aaron Biddle
Tiffany Bieghler





Ryan Bishop
Emily Black
Misty Black
Heather Blacksmith
Jeffrey Blakeburn
Sarah Boeckholt
Vania Boland

Arion Boston
Austin Boyd
Micole Boyd
Miranda Breheny
Dylon Brewer
Justin Brooks
Alex Brouwer

Emily Brown
Jocelyn Brown
Darius Lee Bryson
Karmen Buchanan
Doyle Buckner
Montinique Bumpus
Sopheavy Bunhoeun

Joram Burg
Samantha Burgett
Brady Burrows
Anthony Bush
Tray - Von Butler
Kelsey Butrick
Ariel Byers

Ariole Byrd
Keyara Byrd
Enna Cabrera
Rosemarie Cam
Britney Cameron
Janyssa Camp-Cunningham
Stephanie Campfield

Julia Cancino
Karina Canizales
Rafael Cardenas
Sergio Cardenas
Levi Cardines
Marty Cardines
Taylor Carlisle

Gary Carlson
Caitlyn Carmichael
Kaitlyn Carpenter
Shelby Carr
Carmen Carrasco
Daniel Carrillo Cenicer
Matthew Carter

Troy Chandler
Delacey Chapman
Jonathan Chase
Carolina Chavez
Amanda Christenson
Ashlynn Christiansen
Dennis Clement, Jr.

Kevin Cole
 Stevon Coleman
 Amber Conway
 Stephen Cook
 Rodolfo Correa
 Kyle Cox
 Chelsea Crone



Joshua Cruz
 Maribel Cruz
 Francisco D'Trinidad
 Jontrez Dameron
 Shawna Darnall
 Kaylee Darr
 Ashley Dawson



Cody De La Rosa
 James Dearchs
 James Deaton
 Chaniquiwa Deener
 Sean Degeoey
 Tabre Delaney
 Aaron Dennie



Chelsea Deo
 Jennifer Diaz
 Dustin Dillinger
 Claire Diver
 Jessica Dominguez
 Zachary Downing
 Jordan Duckworth



Madison Duncan
 Eric Dunigan
 Ermin Dupanovic
 Nathan Dzon
 Dorothea E-Jordan
 Jenny Ear
 Tabatha Eddins



Destiny Eddy
 Chad Elliott
 Adam Elsinga
 Zachary Farris
 Raymond Fees
 Justin Fertig
 Jessica Fitzgerald

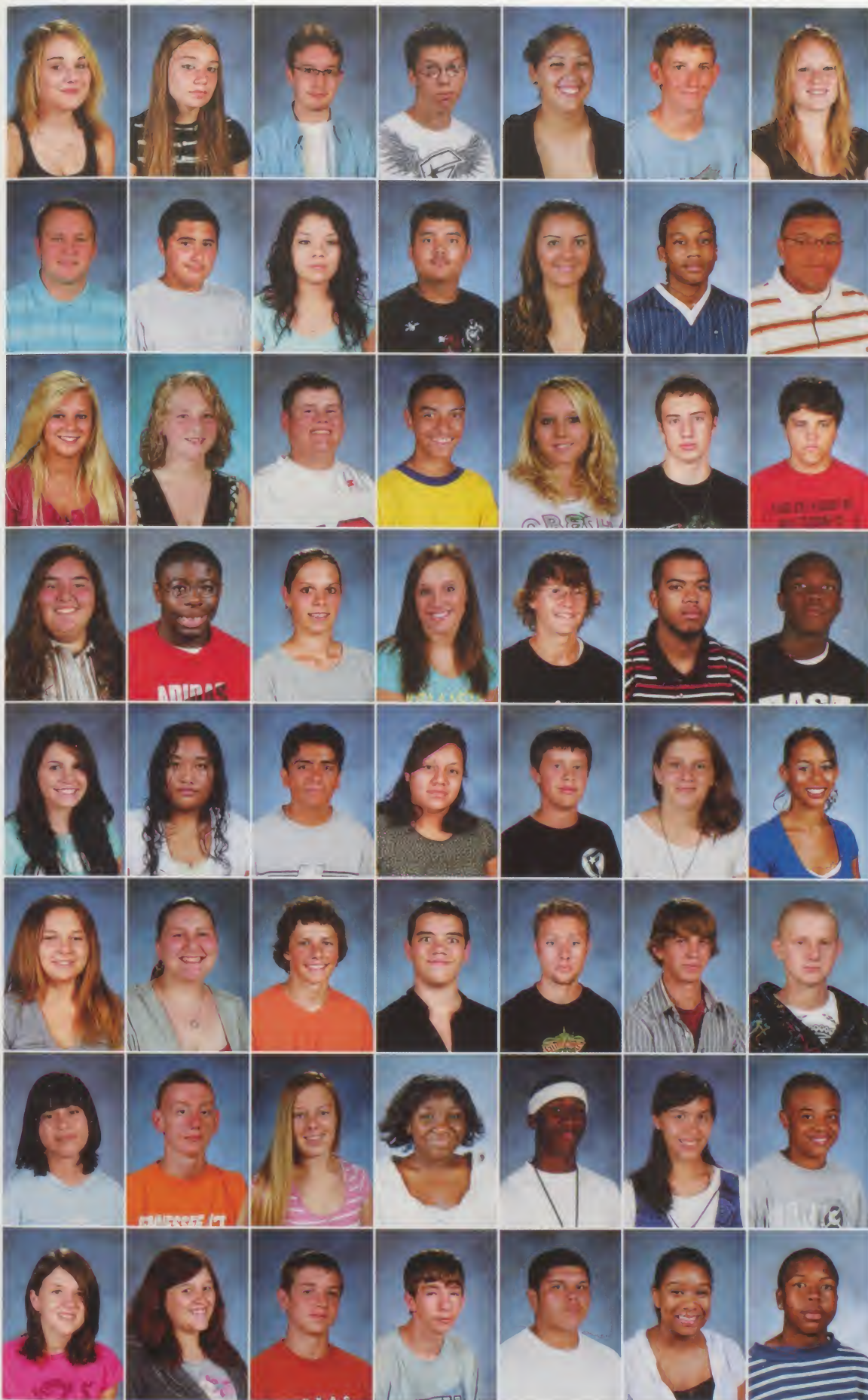


Anthony Flag
 Zachary Flickinger
 Riley Galvin
 Juan Garcia
 Lauren Garrelts
 Sierra Gearhart
 Paige Gee



Ricky Ginn
 Premnarayan Gobin
 Brian Goheen
 Giovanni Gonzalez
 Brandon Lee Goodell
 Cicely Gordon
 Victoria Gowdy





Jessica Graham
Kylie Grantham
Tyler Griffin
Tyler Griffin
Jessica Grimm
Alexander Grochala
Kayla Groh

Jacob Grommet
John Grove
Leslie Guadarrama
Miguel Guerrero
Teighlor Gutierrez
Dunlap Hall, Jr.
Quintin Hall

Sierra Hall
Tiffany Haltom
Nicholas Hamilton
Cody Hampe
Holly Hardenbrook
Nolan Harding
Jonathon Hardwick

Charlie Harper
Jeremiah Harrington
Angalina Harris
Jamie Harris
Travis Hartgers
Marcus Hawkins
Devontray Heard

Kathleen Heggen
Piknight Hem
Cesar Hernandez
Adriana Hernandez-Urzua
W.Kase Heuermann
Caitlin Hewitt
Shaley Hillsman

Elizabeth Hilt
Molly Hinman
Seth Hinshaw
Dallion Hites
Christian Hochstetler
Evan Holleran
Jacob Howser

Wendy Huchim-Garcia
Derek Hunsley
Kate Hurley
Sharaya Jackson
Terrance James
Melody Jaros
Devaughn Jenkins

Shelby Jenkins
Crystal Jensen
Tyler Jensen
Steven Jilek
Domingo Jimenez
Bria Johnson
Royan Johnson

sophomores

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Samantha Johnson
Zachary Johnson
Ambreyana Jones
Brett Jones
Learie Jones
Michael Jones, Jr.
Samuel Juarez



Kyle Kain
Madison Kasper
Jacob Keeney
Bradley Kelmer
Patty Kelsey
Tyrae Kemp
Desiree Kerber



Joseph Khammany
Ryan Khounlo
Dennis Kimmel, Jr.
Marissa Kimmel-Kendrick
Lorrie Kingen
Joshua Kirkpatrick
Phillip Kochheiser



Kayla Kreitz
Jade Kreutz
Caleb Kristufek
Curtis Lacey
Jacob Ladurini
Stacey Lakers
Alicia Landeros



Amber Landon
McKinzie Langerud
Angelica Lawson
Dang Le
Thu Le
Kaylyn Lee
Mor Lee



Nathan Leete
Kiefer Lem Van
Michael Lewis
Jessica Lippold
Benjamin Liston
David Lo
Soriya Loeurng

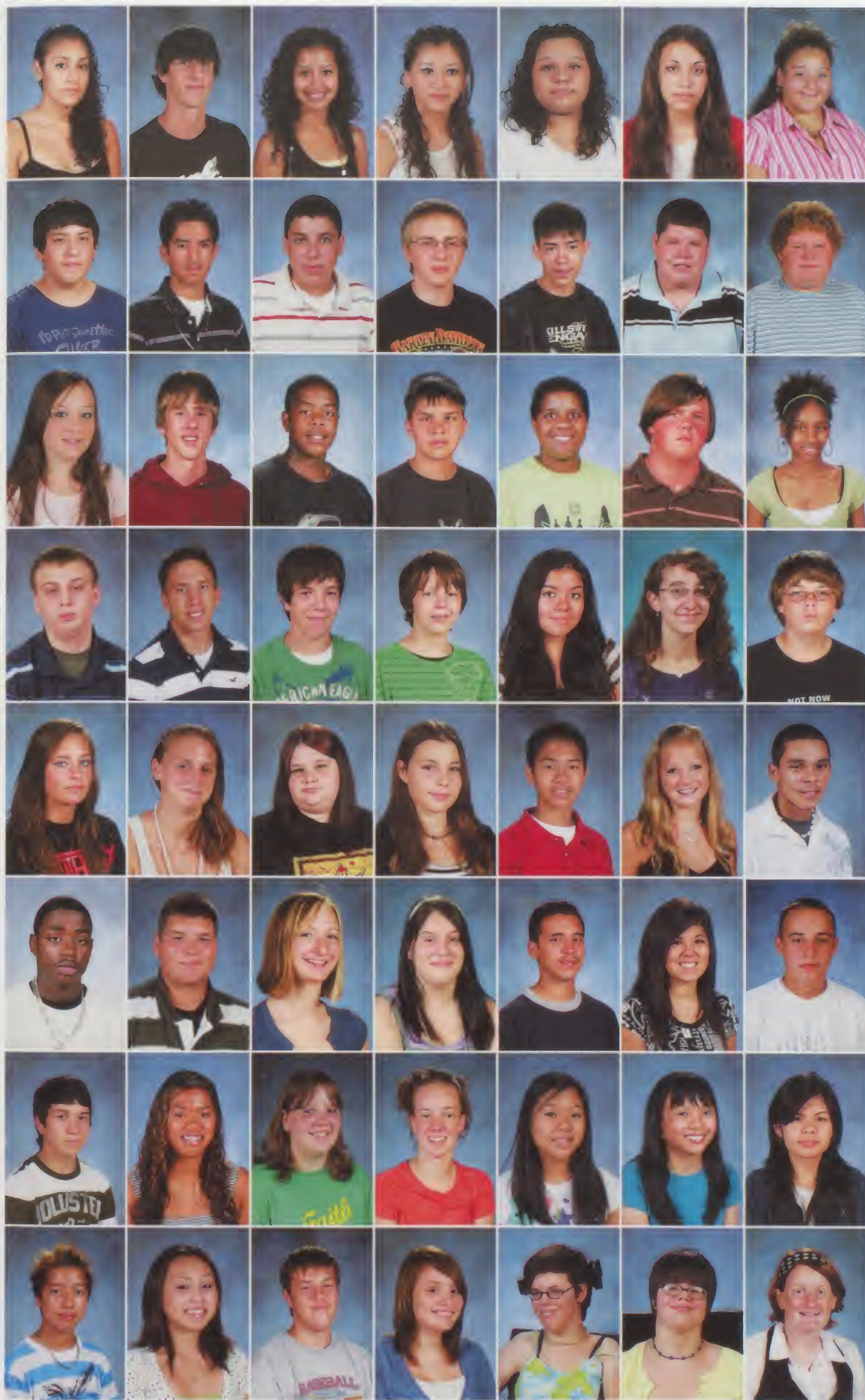


Matthew Lor
Isaac Lovan
Taylor Luft
Dashean Lund
Cristian Luqueno
Linfoung Ly
Lacey Lynch



Alejandra MacEda
David Macias
Lawrence Macken
Tyler Maddex
Ariel Major
Amber Malloy
James Mangra





Mariela Maria-Mendoza
Steven Marquer
Alma Marquez
Gabriela Marquez
Madelin Marquez
Paloma Marquez
Alejandra Martinez

Ernest0 Martinez
Jose Martinez
Miguel Mata
David McCartney II
Sean McClish
Dylan McCombs
Troy McConnell

Katelyn McCormick
James McCourt
William McCullough
Tyberious McElvogue
De McGregor
Richard McGuire
Martasha McKenzie

Aaron McMenamin
Dustin Medearis
Alex Mendenhall
Colton Mendenhall
Heidy Mendez
Holly Meysenburg
Cody Mickle

Taylor Millard
Heather Miller
Shanda Mills
Catherine Mitchell
Jonathan Mom
Chelsy Mongar
Edison Moody

Ricky Moore
Justin Morrill
Melissa Morton
Chelsea Mullin
Angel Munoz
Merissa Muroki
Tyler Murray

Trevor Nail-Umanzor
Malaytong Naovarath
Jessica Nerison
Jerrica Newberry
Lan Nguyen
Nancy Nguyen
Susan Nguyen

Toan Nguyen
Uyen Nguyen
Kenneth Nichols
Joey Nicholson
Gabriella Niswander
Zoe Niswander
Jordan Noring

Elexandria Nouchanthavong
Katie Nutt
Nickolas Olson
Eduardo Ontiveros
Jenna Osborn
Teravnte Osborne
Casey Ouverson



Zachary Overton
Deontaye Owens
Emma Palomeque
Kelly Parcel
Jessica Parker
Kristopher Parsons
Kamylle Patterson



Chase Perdue
Karen Perez
Troy Perez
Ryan Pettit
Minh Phan
Davina Phaviset
Bryan Phillips



Leon Phillips
Carolyn Phongphachone
Fabiola Plascencia
Danielle Poe
Jesenia Puga
Prince Pyne
Lorenzo Quintanar



Sophie Rasavady
Tori Reasoner
Jacob Reed
Brandi Reeser
Elva Regalado
Nathan Rehm
Nicholas Reich



Mathew Reimer
Jose Reyes
Alex Reynolds
Randi Reynolds
Kyra Rice
Elizabeth Rife
Kole Rivas

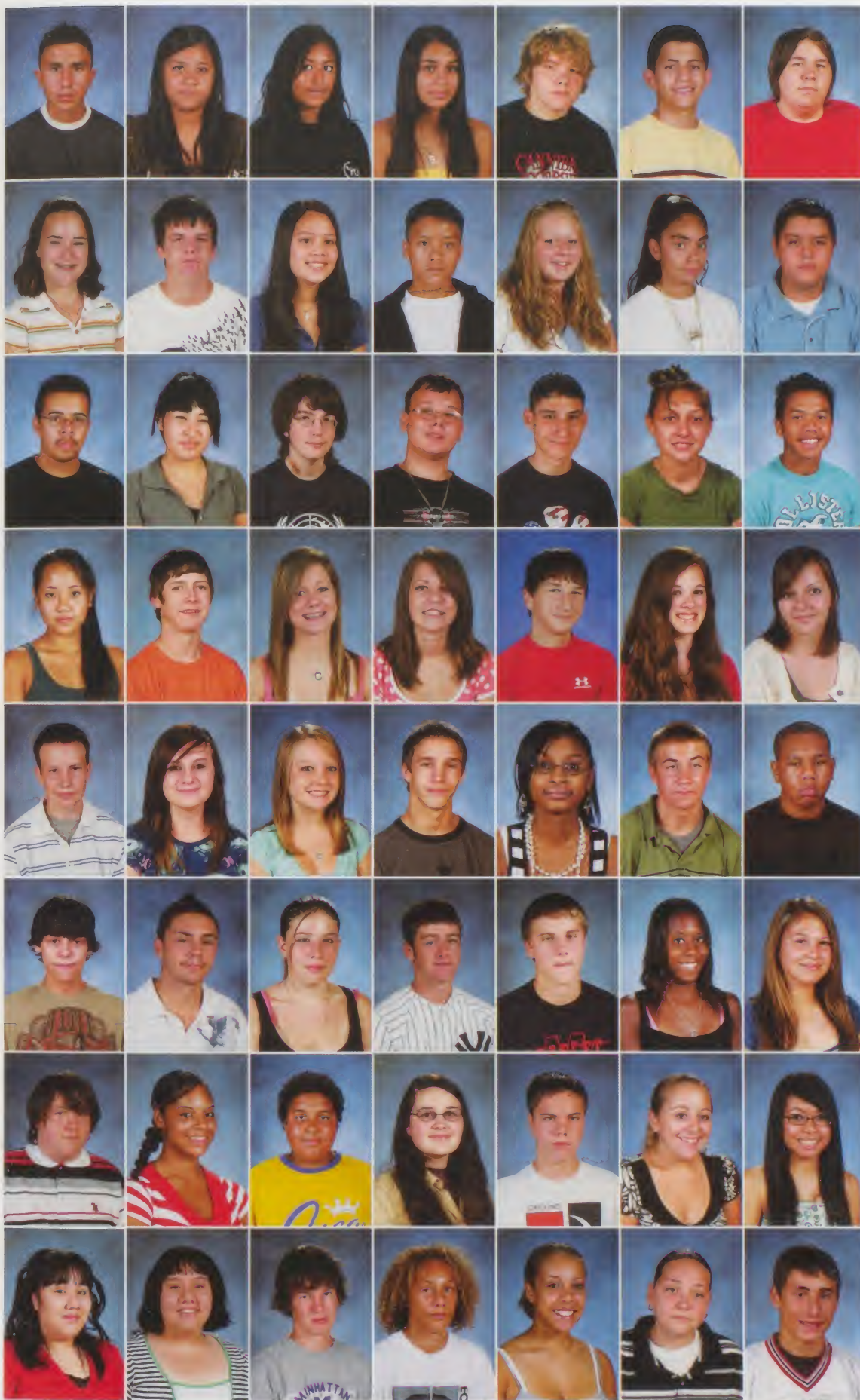


Nereida Rivas-Correa
Larry Robb
Amanda Robbins
Kelsey Robbins
Tiffany Robbins
Ashlyn Robinson
Kelsey Robinson



Mason Robinson
Natalia Robles
Ana Rodriguez
Byanca Rodriguez
Cristian Rodriguez
Jasmine Rodriguez
Maria Rodriguez





Martin Rodriguez
Mirella Rodriguez
Stephanie Rodriguez
Perla Rodriguez Vega
Christopher Rogers
George Romero
Tyler Rounds

Megan Rowat
Dustin Rowe
Kami Rowe
Mason Rowe
Danyelle Ruby
Lacey Ruiz
Victor Ruiz

Gustavo Salcedo
Adriana San Elias
Aaron Sanderman
Taylor Sanders
Alonso Sandoval
Maria Sandoval
Matthew Say

Sanna Sayavong
Adam Scarlett
Amanda Schibner
Connie Schillinger
Zachary Schipper
Jessica Schnoebelen
Caitlin Schuler

Jacob Schultz
Ashley Schumacher
Layla Schwartztrauber
Christian Scott
Kyra Seay
Tyler Seher
Raheem Semper

Scott Senecaut
Cody Shepherd
Veronica Shoafstall
Benjamin Sigmund
Tyler Slinger
Alexandria Smith
Cari Smith

David Smith
Jayanna Smith
Lamonte Smith
Seirra Smith
Spencer Smith
Tiffany Smith
Sarah Son

Leslie Sotelo-Mata
Melody Sotelo-Mata
Shane Southworth
Jeremy Spencer
Stacey Spencer
Courtney Spurgeon
Alex Stephens

Matthew Steward
Ethan Stewart
Travis Dale Stewart
Stephen Storm
Meri Stoutenburg
Kara Stroud
Devan Stuve



Kelsey Summy
Errol Sutton
David Sysombath
Francisco Tavera
Kierra Taylor
Zackary Templeton
Khennedy Terrell



Dante Terry
Pinda Thepkome
Dustyn Thomas
Christian Thompson
Joshua Thompson
Julian Thompson
Chelsea Tidwall



Evan Timm
Jacob Tinsley
Joshua Torres
Maria Torres
Megan Towers
Charles Mimh Tran
Spencer Tran



Yoali Trejo
Brittney Trigg
Zaklina Tudovic
Esther Turay
Alyssa Turner
Tara Turner
Nicholas Tuttle



Nadia Tyler
Enrique Uvalle
Marcos Valadez
Brittany Van Dyke
Cody Van Winkle
Joseph Vanderschoor
Va Vang

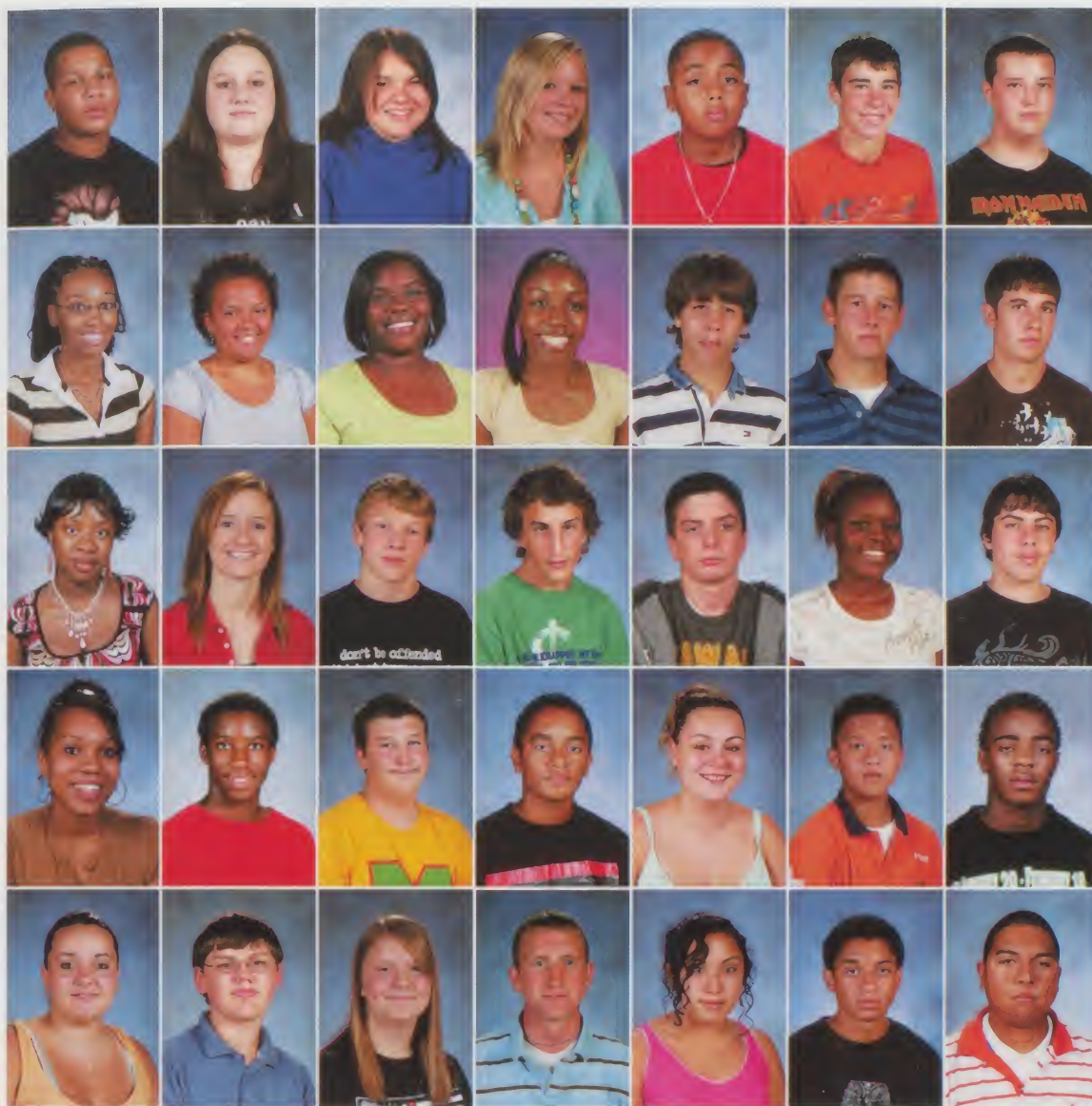


Luis Velazquez
Nathaniel Vernon
Ben Vinson
Jennifer Vong
Grant Voshell
Tyler Vry
Cody Wade



Kelsey Walker
Kayla Ward
Taylor Warren
Sierra Waters
Zach Wells
Timothy Wendel
Cole West





Daejore White
Kaylee White
Kelsey Whitfield
Carly Wiezorek
Terry Wiles
Blake Wilkerson
Dylan Wilkinson

Briauna Williams
Lauran Williams
Miya Williams
Neesha Williams
Jacob Williamson
Cody Wilson
Tobias Wilson Cross

Cynthia Wion
Kayla Wisnousky
Brian Wolfe
Michael Wolfe
Christopher Wollesen
Sara Wom
Tyler Wood

Kayla Woods
Deontae Word
Joshua Worden
Anthony Wright
Melissa Wright
Samuel Yang
Grogwehr York

Chelsea Young
Clayton Young
Courtney Young
Thomas Young
Eli Zambrano
Ismael Zelaya
Carlos Zuniga

PRESENTLY GONE...

BALARK, ELLIS
BALLENTINE, DORIAN
BARBER, CLEIGHTON
BROWN, DOMINIQUE
BURGETT, DAMON
DELA ROSA, JOSE
FARNSWORTH, JACOB
FREDRICKSEN, AARON
GOMEZ, PATRICIO
GORDON, LEROY
GRIFFIN, TYLER
HAMBLIN, ADAM
HANSEN, CRYSTAL
HAYARD, ALAN

HERMAN, ZACHARY
HOGAN-CAMP, TAKEYA
HOWE, TRISHA
INTHAPANYAVONGSA, BRANDEN
KIMVORAPHANH, CATHERYN
LEANOS, RICARDO
LEWIS, KEYIANA
LOHNER, KAYLA
LONG, DANIEL
LOPEZ, BEATRIZ
MAIZE, DANIEL
MORRISON, SCOTT
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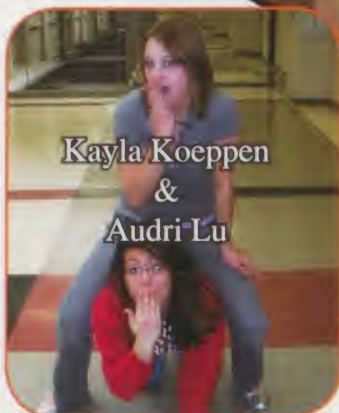
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THOMAS, JEREMY
TRUMBO, KALIF
WALTERS, MONICA
WOOD, SAMANTHA
WOODARD, TEENAH
WOOTEN, DEREK
WORLEY, ANDREW

sophomores

227



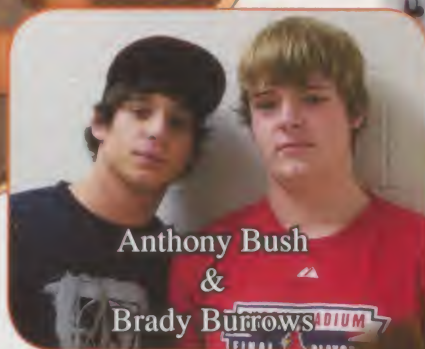
Let



Kayla Koeppen
&
Audri Lu



Alex Heggén
&
Justin Duckworth



Anthony Bush
&
Brady Burrows



Kasey Jensen
&
Emily Ellenwood



Katie Price
&
Chauncy Skeffington

What
do you
think
of your
best friend



"He always has my back and I know I can count on him."
-Sophomore James Dearchs



"I love my best friends. I don't know what I would do without them."
-Junior Meribeth Mullin



"He is the person I can easily talk to and have a good time."
-Senior Leviticus Seher

we tell you about my best friend

Story/Layout by Ashley Lovell

What is a best friend? What makes you want to be their friend? Can you trust them? Are they fun to be around? Those are the questions everyone asks themselves when looking for a friend.

Everybody is different, they have their own look, their own personality, and they all have different ideas of what a friend looks like. Friends are hard to find and sometimes when you find them, they're hard to keep; but a best friend is someone that's always there and never leaves.

"I have known some of my friends since elementary school; and they have never left me, well at least not yet, my life would be different without them," said junior **Courtney Morton**.

When you're sad and lonely and really want someone to talk to and no one will listen; you have to have that one person who you can call and talk to for hours about all of your problems. Being upset is no fun, and when you have no one around it makes matters worst.

Cheer up find a friend; it's not that hard you can find them at work, at school, or in your neighborhood. Join a club at school; get involved with activities or maybe try out for a team.

"I play soccer and I have not only teammates, but I have many friends. We work together on getting better at the game; they look out for me on the field and that's something you want in a friend," said junior **Kimmie Faux**.

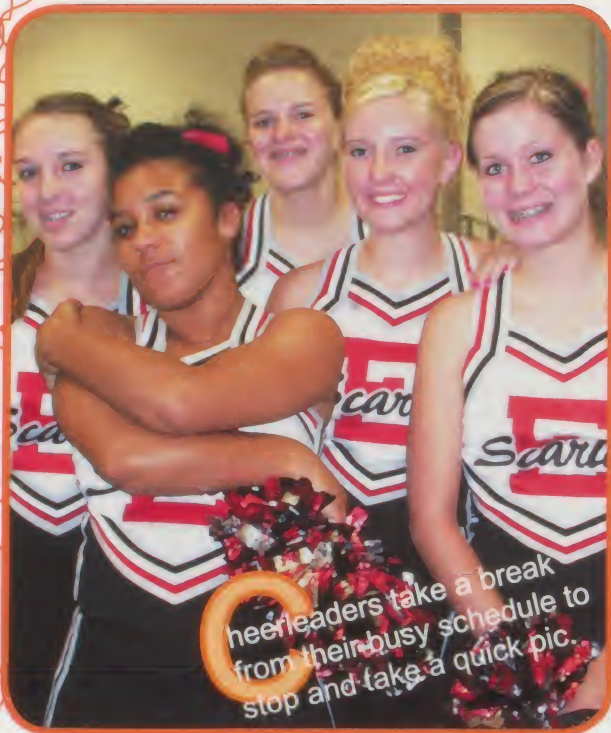
Find a friend who will be trustful and will respect you and stand up for you when you need them. Talking behind someone's back isn't right and problems start. Not all friendships work out, but don't give up when one door closes, another opens.

"I hate how people talk behind others back; and start a whole bunch of drama it's just a pain to deal with. "I want people I can get along with that like me for who I am, and not what they want me to be," said junior **Jessica Patterson**.

Friends are forever; so don't let things get in the way of your relationship; take your time and have some fun. You never know who you will meet, there's always a friend around the corner.



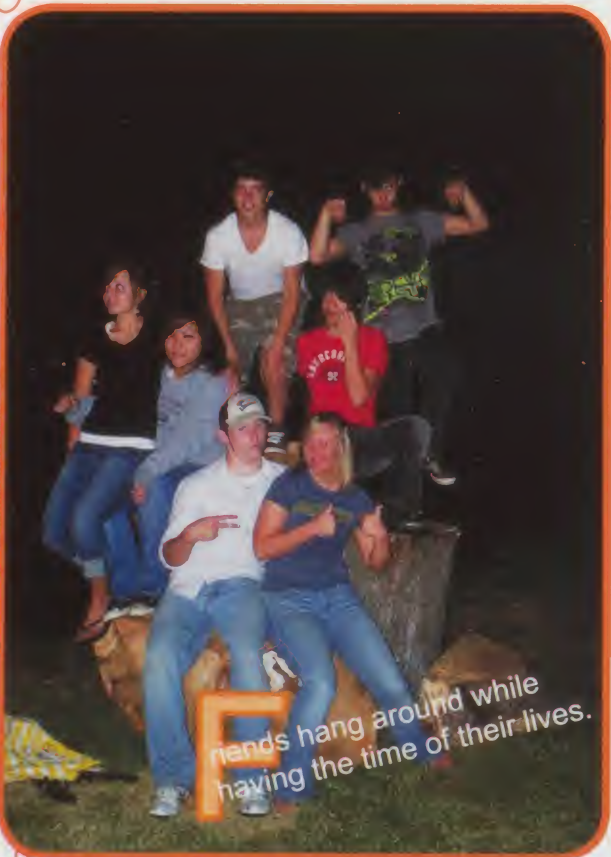
Jordan Wentland
&
Tony Funaro



Cheerleaders take a break from their busy schedule to stop and take a quick pic.



Having a good time while watching a football game.



Friends hang around while having the time of their lives.



Samantha Johnson and McKinzie Langerud dress up for Spirit Day.

230 people

What was different this year than freshman year



"There's a lot more school work than there was last year."
-Toan Nguyen

sophomore life

two down, two to go

story/lay out by Amy Papp

Remember those of days as a sophomore wishing you could go back in time and never having the thought of becoming even more mature than you are right now? Also how scared you were of becoming a junior and everything that you have heard about what it's going to be like your third year here at East?

You all know who you are but how about taking a step back and thinking about sophomore year and how much fun it was.

"My favorite parts of the year would have been meeting new and even more people than I did last year and cheering at the sophomore basketball games," said sophomore **Nadia Tyler**.

During sophomore year there is always one class every day that just stands out more than all the others. Maybe because in that class it was a lot of fun, learned a lot, or just thought the teacher was pretty amazing.

"I would have to say that chemistry was pretty fun because Mrs. Griffin is crazy and kooky, but fun to have class with," said sophomore **Toan Nguyen**.

Sophomore students found out how much more mature they have become and how they had to take on more responsibilities which can be tough at times.

"This year I had new respect for my parents and I even gained more self confidence, and I also found out that this year has taught me a lot in life," said sophomore **Kelsey Whitfield**.



"I definitely have more homework but more freedom than last year."

Kelsey Whitfield



"The classes are kinder."

Carl Smith

sophomore life

231

Freshmen

class of 2011

Ali Abdelrahim
Francisco Alanis
Thomas Allen
Taylor Allgeier
Mireya Alvarez



Yesenia Alvarez
Jorge Amaro
Angel Ambra
Carina Ambriz
Tellah Amos



Rachel Anderson
Chris Andrews
Christopher Andrews
Cedric Arcella
Jessica Archer



Juan Arellano
Hannah Aschan
Chad Ashley
Lindsay Atwood
Shabree Austin



Brenda Baccam
Patrick Baccam
Treyner Baker
Richard Baltzley
Brian Banegas



Anthony Barcelo
Eric Beattie
Robert Beerbower
Vancy Bergan
Erick Bernabe

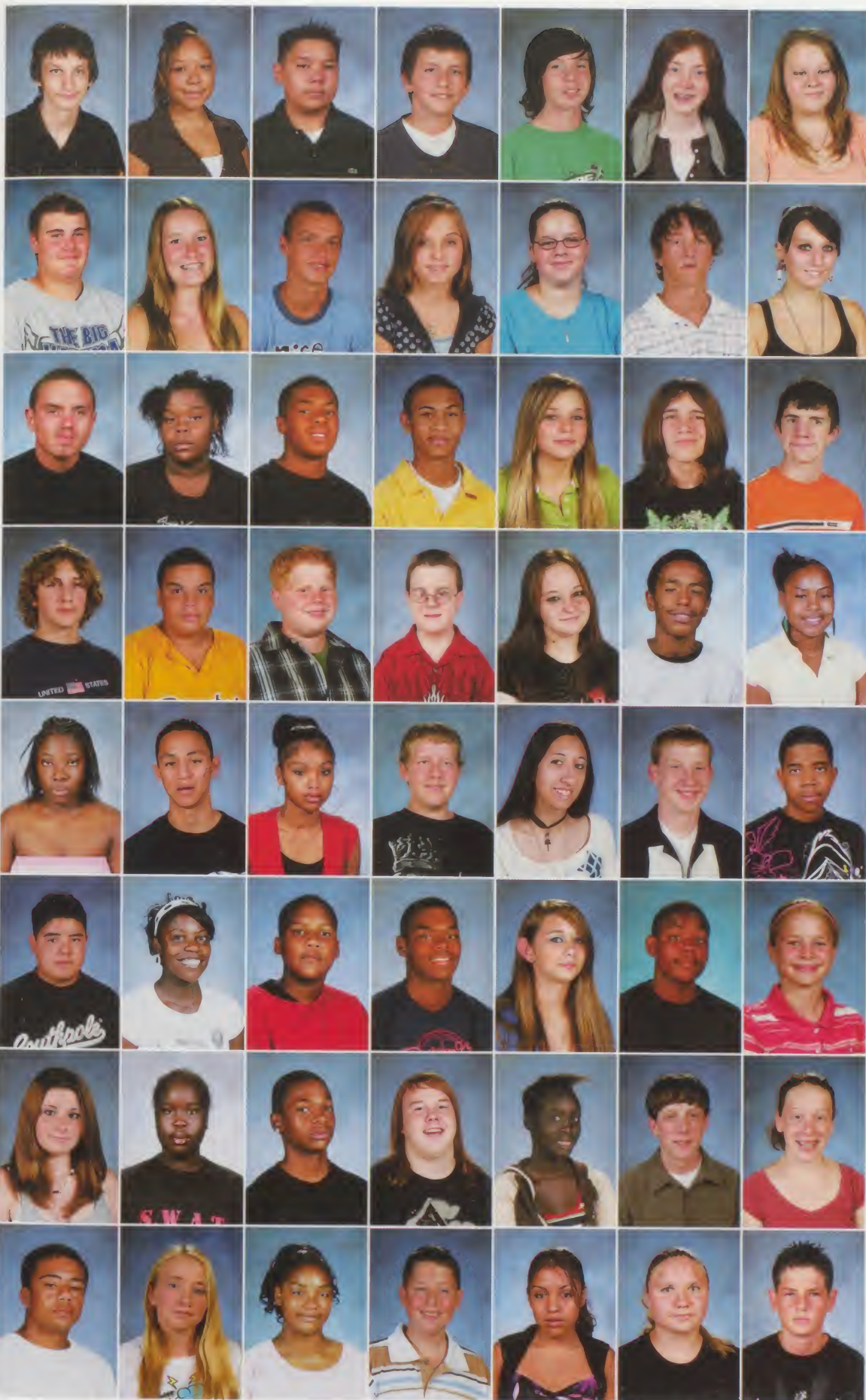


Cesar Bernal
Adriana Bibian
Nyador Bilim
Taylor Bimbi
Amber Bishop



Lauryn Bishop
David Blacksmith
Cynthia Blanco
Phillip Boggs
Elizabeth Bolten





Luke Boner
Raven Booker
Michael Boriboun
Kyle Bosley
Adam Bostwick
Chelsey Bowman
Nikki Boylan

Kody Boyle
Mariel Bradford
Shawn Branchcomb
Alyssa Brandt
Ashley Brauer
Zachary Brewer
Chelsea Brickles

Travis Briley
Akuya Broadus
Deandre Brown
Michael Brown
Stacie Brown
Travers Brown
Brandon Bruscher

Rob Buell
Caleb Bunnell
Nathaniel Burnett
Dillon Burns
Devin Butler
Alontae Butts
Shronda Butts

Ashley Byrd
Rigoberto Camacho
Mykell Cameron
Kodey Campbell
Miranda Cantrell
Donald Carolus
Travail Carothers

Irvin Carrasco
Breona Carroll
Ronald Carter
Dashawn Cason
Shannissy Catron
Na'Day Chandler
Kensie Channon

Jennifer Childers
Mama Chotkuach
Desmond Chretien, Jr.
Andrew Christian
Friday Chuol
Jordan Cirkseña
Brittney Clark

Montez Clark
April Clements
Nichole Clyce
Dalton Colby
Celeste Colunga
Ciera Cone
Craig Conkel

Freshmen

Samantha Conn
Antonio Contreras
Emily Cook
Krysta Cook
McKenzie Cook
David Cordero
Gustavo Correa



Jesse Cortez
Kenneth Cortum
Michael Cory
Anastasia Cowles
Matthew Crane
Alexis Cross
Ashley Cruikshank



Nathalie Crutcher
Carolina Cruz
Chanse Cunningham
Lizet Curiel
Kaycee Curry
Brittany Dabney
Zachary Dagnillo



Jeffrey Dale
Cedric Danilson
Rebecca Davidson
Tesla Davidson
Brittnie Davis
Chelsea Davis
Logan Davis



Soni Davis
Trenton Davis
Zachary Davis
Phillip Daye
Katy Dearinger
Jason Deaton
Mani Deng



Alyssa Denning
Kaitlin Dennison
Gabriel Diaz
Wendy Diaz
Truc Do
Jonathan Drake
Kristopher Duff



Joseph Dunn
Johntia Edwards
Breann Elgin
Evan Ellenwood
Samuel Elliott
Amanda Ellis
Andrew Ellis



Esteban Ellis
Veronica Estrada
Antonio Evans
Cherae Evans
Jode Evans
Richard Evans
Justin Farnsworth





Megan Faulkner
 Charrise Fertig
 Mollie Fessler-Boylan
 Codey Field
 Alicia Figgins
 Justin Fiscus
 Kody Fisher

Dileana Fleming
 Jacob Formaro
 Michael French
 Maranda Froehle
 Jackie Fudge
 Destiny Fuller
 Nijay Gaines

Victoria Gama
 James Garcia
 Jesse Gering
 Matthew Gering
 Dustin German
 Kelsey Gile
 Vanessa Gobb

Dylan Gogerty
 Nicole Gomez
 Elizabeth Gonzalez
 Joseph Gonzalez
 Luz Gonzalez
 Marco Gonzalez
 Martha Gonzalez

Rogelio Gonzalez
 Kourtne Grantham
 Deja Greene
 Austin Griffin
 Nicholas Griffin
 Maria Grimm
 Nicholas Grochala

Matthew Grover
 Unique Grover
 Iris Guerrero Nieto
 Keshawn Gully
 Marvin Gutierrez
 Maleny Guzman
 Miles Hackett

Dawn Hadley
 Ryan Hadley
 Sandra Hadley
 Rachael Hall
 Nicole Hanke
 Jamie Hargis
 Raymond Harless

Thomas Harrington
 Deonta Harris
 Pennylee Harris
 Andrea Harrison
 Tyler Hart
 Kevin Harvey
 Heather Hass

Marquaisha Haygood
 Ryan Heckethorn
 Allison Henderson
 Vanessa Henriquez
 Anthony Henry
 Emmanuel Hernandez
 Orlando Hernandez



Leanna Herndon
 Melissa Heuton
 Taylor Higgins
 Amber Hill
 Amy Hills
 Camron Hilzer
 Kathrine Hines



Christopher Hollingsworth
 Krystina Holmes
 Harled Hols
 Jarred Hoover
 Nicole Hoskins
 Jonathan Houghton
 Keayla Hughes



Shamarea Hughes
 Marquise Hunter
 Chanthiphone Inrachavongsa
 Taylor Isbell
 Amanda Jackson
 Shelby Jackson
 Corey Jacobe



Heather Jensen
 Kirk Jensen
 Cody Johansen
 Blaine Johnson
 Tricia Johnson
 Wesley Johnson
 Samantha Jones



Zakary Jones
 Lucas Jordan
 Thania Juarez
 Jack Karasek
 Andre Kase
 Jacob Kellow
 Onyinye Kemdirim

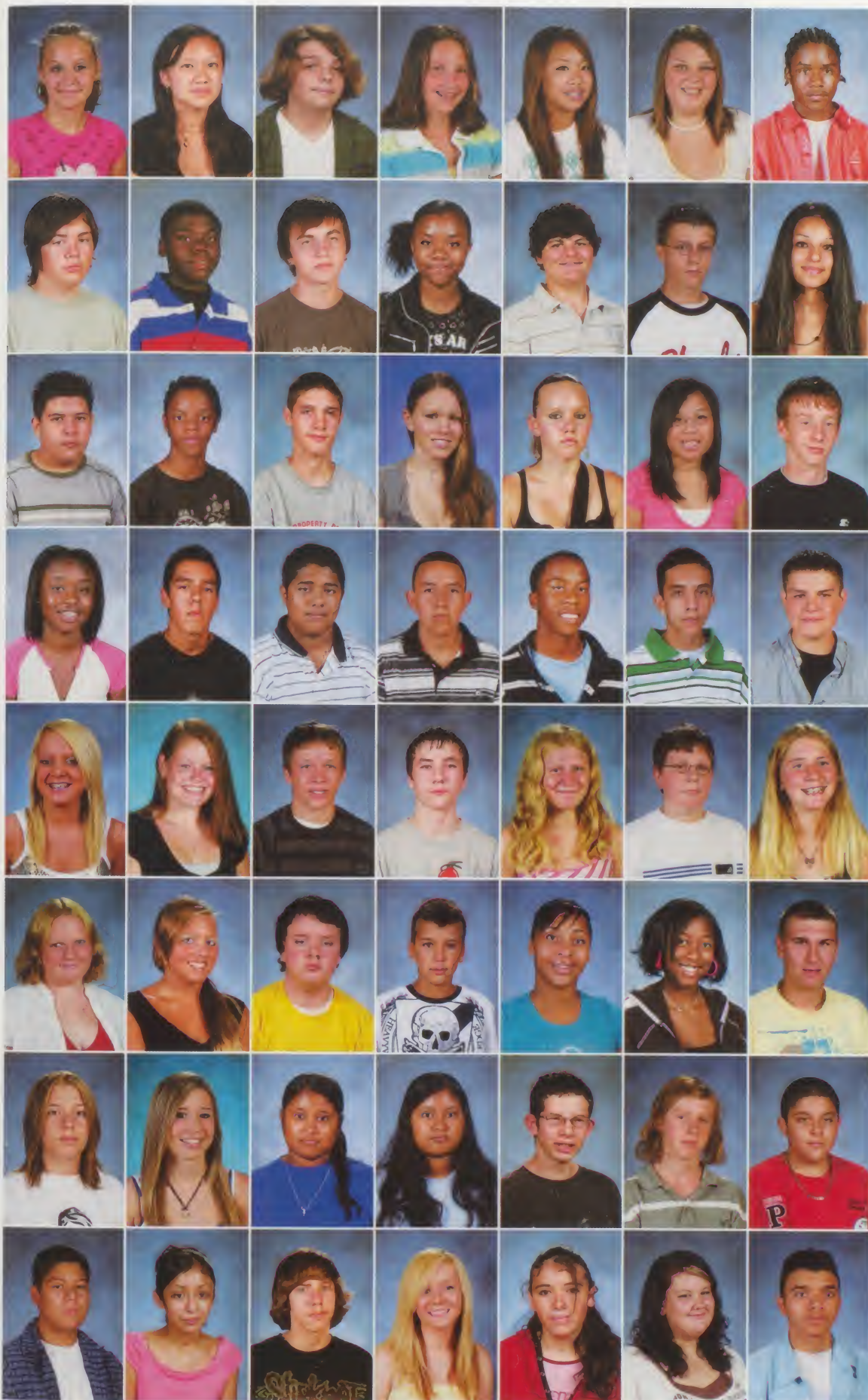


Kelsey Kennedy
 Jessica Kephart
 Skyler Kernes
 Chelsea Kesavadhana
 Trey Kidd
 Brittany Killen
 Lindsay Kilts



Rachael King
 Maxwell Kirk
 Brittany Knuths
 Jordan Kouangvan
 Conner Kouri
 Halea Kuhns
 Sharnae Lamar





Destiny Lawrence
Ya Lee
Emmett Lehman
Megan Lein
Cassandra Lemthi
Amber Lewis
Austyn Lewis

Zachary Lewis
Francis Lijadu
Dalton Lloyd
Janae Lockhart
Scott Loftus
Alan Logsdon
Alexis Lopez

Jovany Lopez
Hakeem Love
James Love
Michelle Lovett
Michelle Lovett
Desirie Luong
Matthew Malloy, Jr.

Royonah Marble
Eduardo Marquez
Ernan Marquez
Jose Marquez
Devonte Martin
Edgar Martinez
Steven Martinez

Kayla Marvelli
Kara Mauk
Brock Maxwell
Joshua McClaran
Tina McConnell
Derek McCulley
Alina McDaniel

Alyssa McDaniel
Jamee McDaniel
Leroy McDonald
Thomas McElvogue
D'Nesia McGee
Briana McGhee
Kyle Mechem

Chelsea Meeker
Madisen Meinders
Dezira Mesta
Deziree Mesta
Cody Michael
Christopher Midthun
Alberto Millan

Juan Miramontes
Juana Miranda
Cody Mitchell
Kacie Mongar
Blanca Montes-Quinones
Hillary Montoya
Jairo Morales

Freshmen

237

Jennifer Morales
Joshua Moreno
Lauren Morgan
Caleigh Mormann
Ryan Morrill
Katelyn Morrow
Austin Morton



Lisa Mowery
Armando Moya
Jerzie Murray
Raymond Music
Dillon Nall
Shawn Naylor
Jovana Nelson



My Nguyen
Ngoc Nguyen
Nhu Nguyen
Timothy Novak
Kody Ollin
Taylor Olson
Mayra Ordaz



Anjelica Ortega
Yvette Ortega
Mario Ortega-Torres
Alexis Ortiz
Michelle Ortiz
Sara Rae Padgett
Brenda Paredes



Andrew Parsons
Samantha Patterson
Jessica Pauscher
Cheyanna Pepel
Carmen Perez Cortez
Taylor Pettit
Joelle Peugh



Scott Phanphasy
Sarah Phillips
Kimberly Phipps
Cody Phommavong
Danielle Piatt
Marjorie Portillo
Edward Powell

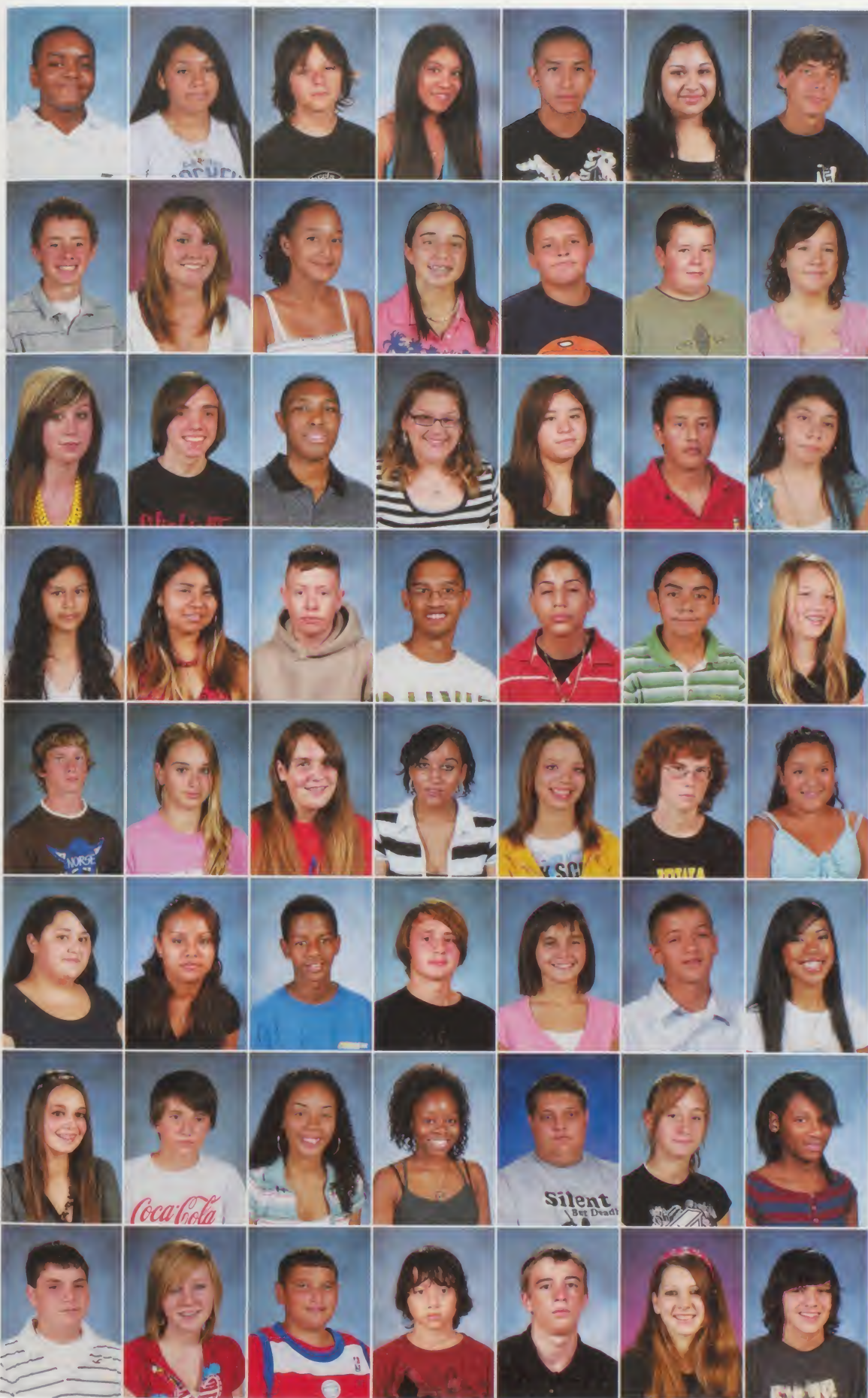


Ashley Prettyman
Heather Prettyman
Payton Pringle
Jacquelyn Puffett
Kelsey Quinn
Diana Quinonez-Velasques
Austin Quintana



Alejandro Ramirez
Marcelo Ramirez
Austin Rankin
Erik Rasmussen
Tiffany Rattray
Jose Raygoza
Ricardo Raygoza





David Reasby
Janet Reaza
Wesley Reber
Joselin Reyes
Ulises Reyes
Maria Reyes-Pintor
John Reynolds

Patrick Reynolds
Tera Rhoades
Iesha Ridding
Kelcie Riesterer
Russell Riggan
John Ring
Kelsie Ring

Jenna Ringler
Austin Ripperger
Sheldon Robinson
Katie Rockey
Berenice Rodriguez
Hever Rodriguez
Joanna Rodriguez

Lupita Rodriguez
Mayra Rodriguez
Ramiro Rodriguez
Andrew Roeth
Nick Rojas
Aaron Rosales
Crystal Ross

Nicholas Roth
April Rounds
Peyton Rowe
Madison Ruge
Hollie Russett
Zane Rustan
Alma Salas

Breezie Saldana
Dalila Salgado-Ocampo
Nuradin Salim
Daland Sanders
Olivia Sandoval
Nicholas Savage
Megan Say

Natasha Schoborg
Michael Schuler
Chelcie Scott
Breana Scroggins
Jeffrey Searcy
Josephine Sease
Khadeeja Semper

Chad Sepich
Mary Sergio
Danny Shannon, Jr.
Zachery Shelburg
Mike Shelton
Jessica Short
Alexander Sibert

Freshmen

Sarah Sinopoli
Adrienne Slothouber
Shelby Sly
April Smith
Jacob Smith
Mason Smith
Matthew Smith



Samantha Smith
Trent Smith
Tyler Smith
Helen Snyder
Walee Soe
Zuleyma Solis
Lisa Son



Devin Sorter
Alyssa Soulinthavong
Kevin Souvannasanh
Shawn Stanton
Megan Stevenson
Phillip Stewart
Aubrey Stith



Joshua Stoll
Maressa Stonehocker
Amanda Stougaard
Donald Stuart
Tyler Sturgeon
Devin Swackhamer
Cheryl Sweet



Alexander Syhavong
Christopher Tate
Thomas Teav
Madison Tedrow
Cynthia Terrazas
Brian Terrell
Choua Thao



Rachael Tharp
Addison Thomas
Mathew Thompson
Timinesha Thompson
Cody Tiano
Mitchell Timm
Corey Titus

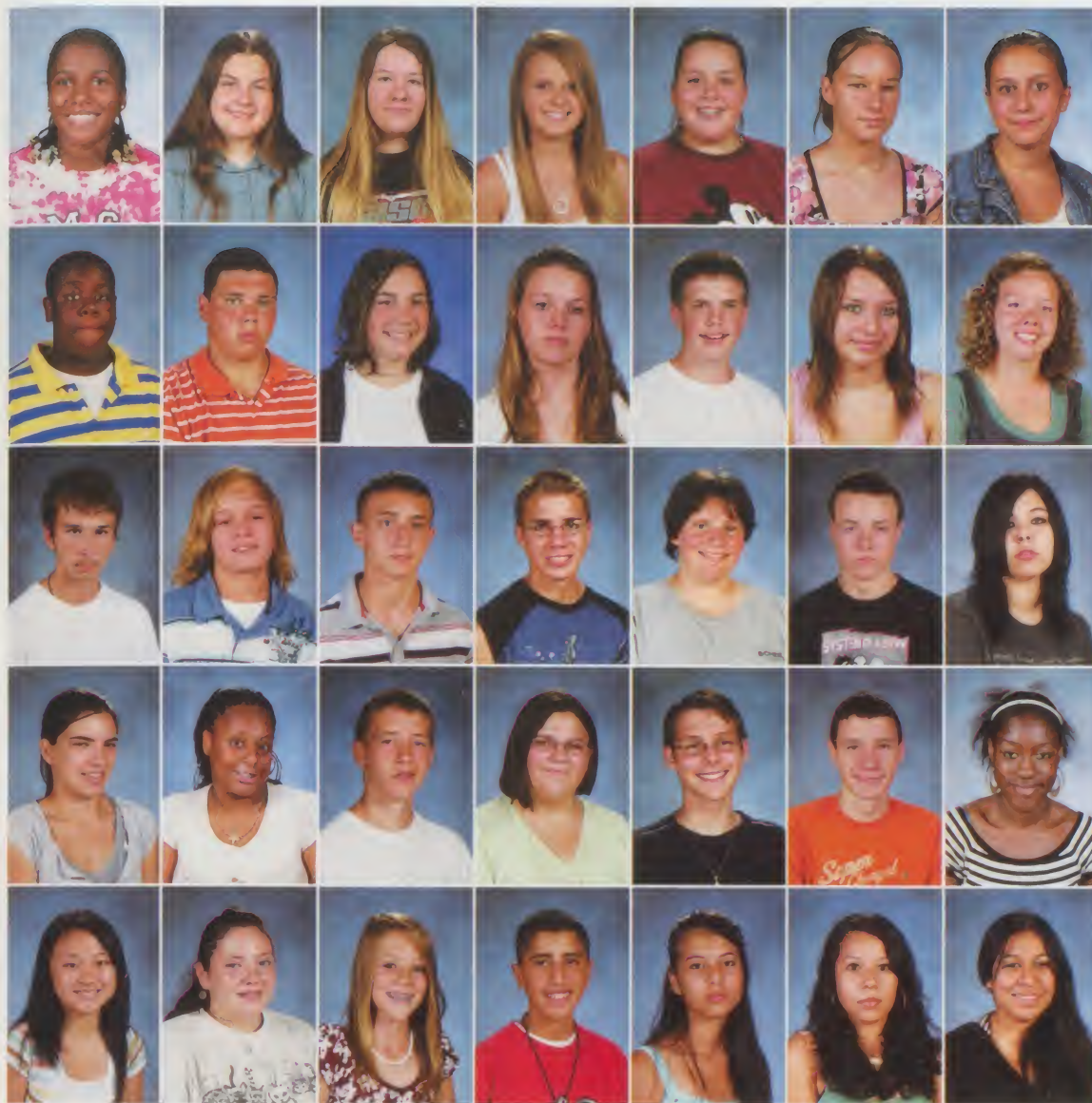


Santiago Torres
Anh Tran
Luis Trejo
Alex Van Gundy
James Van Zee
Jordan Vander Ploeg
Caleb Vanderschoor



Katelyn Vanearwage
Vayceleng Vang
Yessenia Vasquez
Eduardo Venegas
Danielle Vinson
Kelsey Waits
Taylor Waltz





Charlesetta Ward
Amanda Watkins
Lindsey Weatherly
McKenzie Wedig
Jessica Wehrle
Jessica Wells
Dezerae Westerly

Cameron White
Tyler White
Jennifer Whitney
Alexis Wiand
Blake Wilkinson
Kaleen Williams
Madison Williams

Timothy Williams
Blade Willson
Austin Willson
Jerry Wilson
Shelby Wilson
Cody Woltz
Jazmin Wood

Kayla Woodhall
Daionesse Woods
Ryan Woodson
Charlene Woolson
Daniel Worthington
Allan Wright
Markisha Wright

Stephanie Yang
Brooke Young
Kaci Young
Jesus Zambrano
Rosa Zarate
Alexandra Zermeno
Vanessa Zuniga

PRESENTLY GONE...

ANDRODE, DANIEL
BALLIET, KAYLA
BELLAPHANT, CHARLES
BENITEZ, RAYMOND
EKBERG, ANDREW
HATCH, DENNIS
HILL, JERALD
HINES, SADIE
JIMENEZ, JOSE
JOHNSON, NAKIAH
LLANO, ANTHONY

McFADDEN, TYLER
McVEY, DUSTIN
MEZA, MISSAEL
MILLER, KIRSTEN
MIRELES, MIGUEL
NAVARRO, CARLOS
OWENS, CHRISTOPHER
PARKER, SHA'NEQUA
PETERSON, DANIELLE
SERRANO, EDGAR
SILVA ORTEGA, FERNANDO

TAYLOR, ETEKA
THIPHAYOTHIN, LOMYENH
THOMAS, SAVORY
THOMPSON, KAITLYNN
THOMPSON, TYLER
TRUMAN, BRANDON
WESSEL, KEITH
WILLIAMS, TANISHA
WILSON, NATHAN
ZEPEDA, TORY

freshmen

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freshman life

integrating into a new school

Story/layout by: Amanda Bellis

Remember what it was like to start high school? Remember the nerve-wrecking first few days of trying to find out where everything is, or the consistent freshman jokes? Every year a new class comes through and endures the same.

In lieu of this fact, we decided to find out what is special about this year's freshman class. We sought to learn a little something about the thoughts and personalities of several freshmen.

Here is a chance to delve into the minds of freshmen and discover their thoughts...

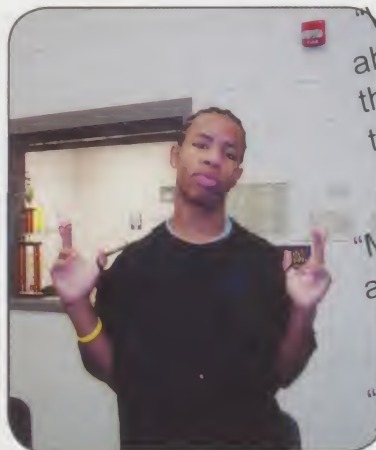
After careful tracking of these elusive individuals, they underwent a grueling interrogation process (ok, not really). But we did ask them some questions such as their favorite thing about East. We also asked them to strike a goofy pose and we took some pictures.

So here are the results of our efforts. Here is a chance to delve into the minds of freshmen and discover their thoughts on East and high school in general.



**Miranda Froehle
Goodrell**

"My favorite things about East are all of the friends and the freedoms of the campus"
"My least favorite things about East are all of the stairs and some of the classes"
"Lunchtime is my favorite class"



**Andre Kase
Hiatt**

"What I like most about East is all of the people, especially the girls. I also like the sports"
"My least favorite things are fake people and some of the teachers"
"My favorite class is Miss Anderson's language arts"





"My favorite thing about East is all of the diversity"

"My least favorite thing about East is Geometry class"

"My favorite class is physics"

**Shelby Jackson
Hoyt**

"The best thing about East is that it's not Hiatt!"

"Evil subs are the worst thing about East. I don't like them"

"French is my favorite class"



**Thomas Allen
Hiatt**



"The best thing about East is band because Mr. Strohmaier makes us laugh"

"The worst thing at East is the food!"

"My favorite class is Band"

**Kenny Cortum
Goodrell**

"My favorite thing about East is only having seven periods a day"

"What I don't like about East is all of the people who start fires and make graffiti"

"Jazz Band is my favorite class"



**Nathan Burnett
Goodrell**



"The best things about East are all of my friends and activities"

"The worst thing about East is the stairs!"

"My favorite class is P.E."

**April Clements
Hoyt**

dear east high you are the school for me, you will always win the victory. red and black to you we will be true. and we will bring great honors to you. tip hat to here's to the black and red. over the world your fame is widely spread. on ward

East High

years of
experience

Donna Adams
Lacy Anderson
Rhonda Anderson
Joni Armstrong
Robert Bagley

Linda Baker
Pat Bannon
Katie Barry
Kathy Baum
Scott Beal

Annette Bierkamp
Lacey Bleich
Jennifer Blumberg
Vicki Bonnett
Ron Borstad

Sally Bowden
Kathy Brown
David Bullis
Kelly Burns-Wolfe
Nancy Butler

Kacia Cain
Bob Carmichael
Dianna Carnahan
Ted Christensen
Jane Ciarfella

Lonnie Clark
Kathy Clausen
Karen Corss
Christine Costello
Maggie Crawford

Kathy Crum
George Davis
Rebecca Dawson
Sally DeGoey
Joann Dehaan

Sally Dehnert
Carl Drautz
Sondra Dubbs
Nancy Duncan
Bill Eggers





Amanda Eimers
Samy El-Barondi
Lora Evans
Geoff Farrey
Nancy Fehn
Terrie Fenstermann
Lisa Fitzpatrick



Diane Fleming
Clinton Gadbury
Ruth Ann Gaines
James Giboo
Ashley Gilbert
Ann Ginther
Shirley Gooch



Jerry Goodrich
Sid Gordon
Shawna Green
Maureen Griffin
Jake Habhab
Jacqueline Hackman
Jeffery Hall



Michelle Hankins
Dena Harms
Pamela Harshbarger
Deann Hebert
Don Heese
Christopher Hodo
Lynn Hoff



Susan Hook
Andy Howard
John Hoyt
Mark Hurley
Brad Hurst
Carol Hyslope
Angela Jackson



Joanna Jackson
Amy Jacobson
Ginger Johnson
Jason Jones
Mary Kaldenberg
Nicole Kallal
Chris Kannapel



Dawn Kasper
Sarah Keller
Aaron Kelly
Bob Kerr
Kathy Koenig
Corey Kopatick
Erin Kramer



Roxanne Kucharski
Elston Lacy
Erin Lantz
Leonard Larsen
Michille LeBlanc
Crosby Lester
Sharon Link

Lowell Long
Derek Lounsberry
Stayce Lounsberry
Darien Maguire
David Mahler
Kelly Malarkey
Robbie Malm



Traci McCaull
Michelle McPherson
Jenniter Medina
Oscar Meza
Becky Miller
Marty Mohler
Linn Morris



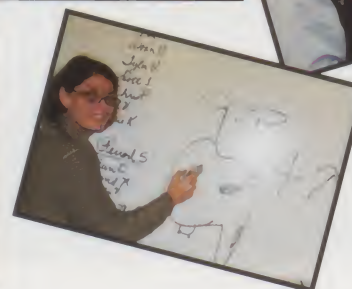
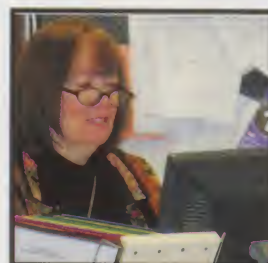
Ken Morton
Rachel Mullen
Brenda Navin
Kelly Neiber
Linda Nemmers
Randy Nordaker
Bill Oleson



Nicholas Ouellette
Tracy Patrick
Deborah Peterson
Natalie Raub
Jennifer Rebel
Claudia Richards
Rick Roberts



Sara Rue
Gary Russell
Linda Saddoris
Shawn Sanford
Al Schatz
Sharon Schatz
Grey Schoon





Ashley Schryver
Diane Sheil
Erich Smith
Kevin Sorensen
Vidal Spaine
Mary St.Clair
Carolyn Strickler

Chris Strohmaier
Janet Thompson
Stan Thompson
Kymberly Traczyk
Joyce Vickroy
Somkong Vong
Shawn Voshell

Melissa Wallace
Bill Waller
Tim Walljasper
Jerry Walter
Connie Walters
Jennifer Weir
Phillip Wells

Mary Westover
Jill Wibben
Susan Wiegard
John Ytzen
Mike Zelenovich

PRESENTLY GONE...

ADAMS, JUDY
BRES, CHASITY
BURGES, KEN
BUTLER, NANCY
CAMERON, ANEAYSIA
CARLSON, DEANNE

CAVE, BRAD
COLE, TOM
CORELL, RHONDA
CUNNINGHAM, FANNIE
DAVIS, ESMERALDA
DEHAAN, JOANN

DERBY, RANDY
DUNHAM, CHRIS
FOSHE, KIMBER
FROMMELT, KERI
GILCHRIST, GARY
GROOTERS, LYNETTE

HELLER, THANA
HUNTER, ERICK
JOELSON, CHUCK
KATAM, JACOB
KELLY, ED
KERR, BOB

KULISH, GEORGIA
LORTSCHER, CAROL
LUFT, JENNIFER
MCALLISTER, KIMBERLY
NITCHER, KIM
NOEL, SUE

NWANKPA, FRANK
PEAK, TIM
PICKETT, BURLE
POWELL, RIC
ROURKE, GARY
SCHEEL, TAMMY

SINGH, GITANJALI
SUMMY, DEREK
TURNER, FRANCESCA
VANDORIN, BOB
VAUGHAN, SARAH
WALLACE, MELISSA
WOODARD, LINDA



Larsen keeps bees, at right, and below are samples of the calendars Borstad draws. Many teachers believe their hobbies influence their teaching.



At right, Giboo wins a wrestling match in the arena. Below, Strickler poses with her horse, Wyatt. Giboo says students sometimes come to watch him fight.



Can you match the teacher to the hobby?

1. Mr. Larsen
2. Mr. Ytzen
3. Mrs. Strickler
4. Mr. Hodo
5. Mrs. McPherson

How the other half lives

Where can you find a beekeeper, an artist, a professional fighter, and a member of a band in one place? This isn't a start of a bad joke, these professions all represent the different hobbies and jobs of the faculty at East High.

It can be weird to think of teachers outside school, but teachers don't start and stop living when the bell rings. Many teachers have second jobs or hobbies that affect their teaching also.

English and media teacher **Ron Borstad** works as an independent contractor for the summer, as well as being an artist and a theater major who builds sets for Valley's plays.

Borstad believes that having outside interests is important to the way a teacher ties learning into the real world.

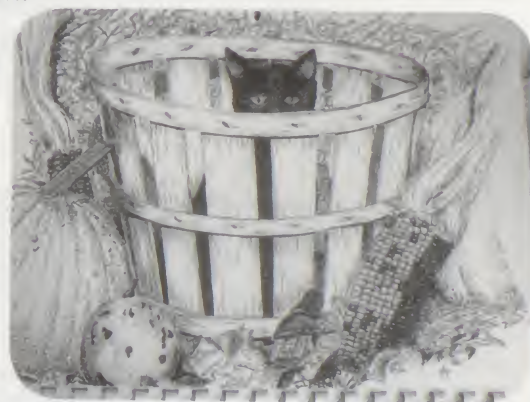
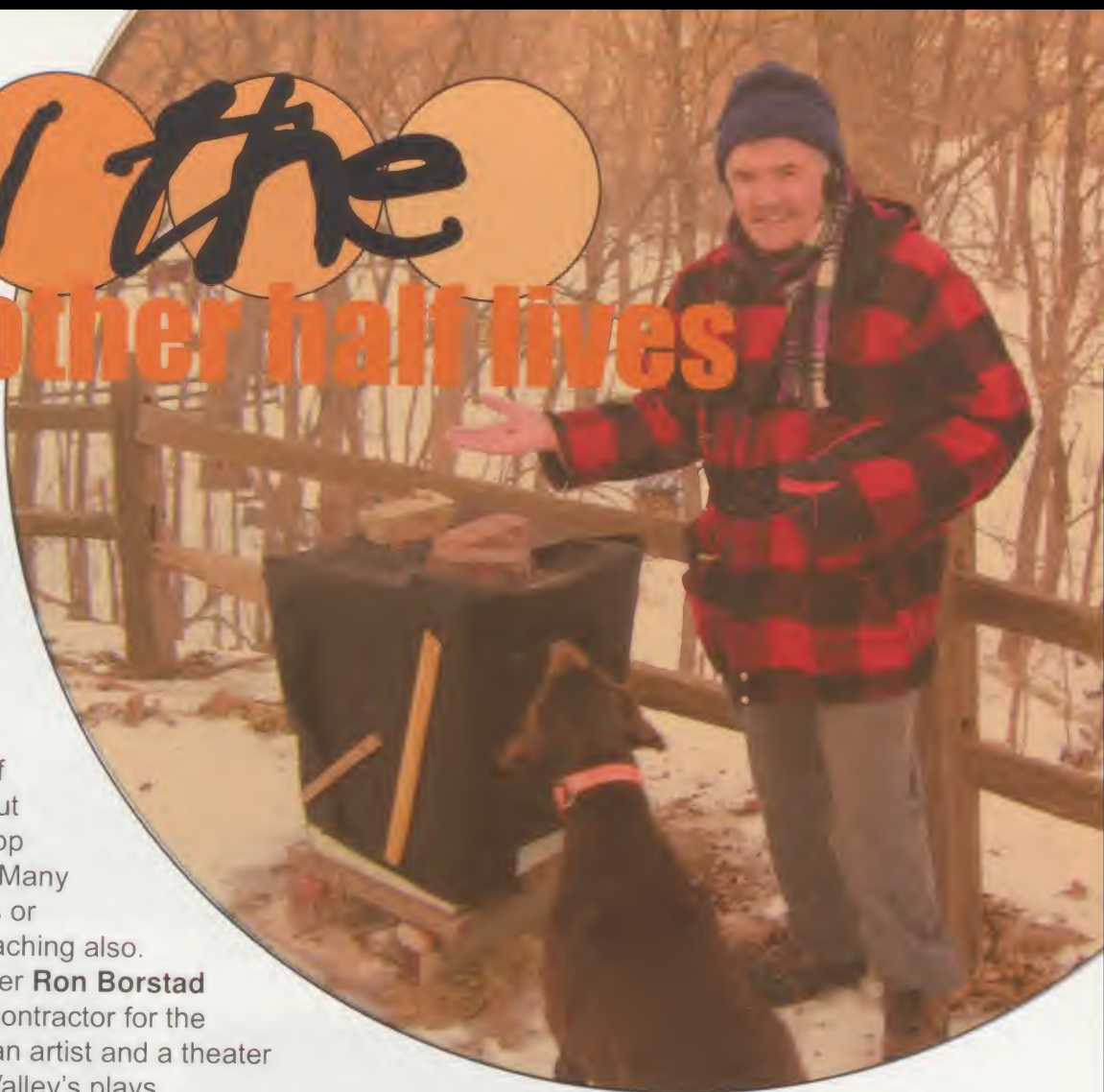
"I think the more well-rounded a teacher is, the greater the impact they can have," said Borstad.

Band teacher **Chris Strohmaier** explained how the different ways he is involved with music, such as playing in bands and teaching trumpet lessons, can add to his teaching.

"All the experiences I bring back I use as an example or a supplement to my classes," said Strohmaier. "Everything you do affects your teaching to one degree or another."

Science teacher **James Giboo** believes the professional fighting he became involved in after college wrestling helps him relate to students and earn their admiration.

"The kids have a greater respect for me because they see how hard I work and a lot of the students have come to watch me fight," said Giboo.



- A. Hip-Hop
- B. Horses
- C. Radio DJ
- D. Beekeeper
- E. Runs marathons

Answers
1.d 2.e 3.b 4.a 5.c

Faculty hobbies

249





controlled chaos

Story/layout by Jorden McGriff

In the end, memories are gathered, compiled... and saved.

What once seemed complicated becomes clearer — the hallways clear out and the classrooms are deserted, as the school year comes to a halt.

But for the majority of students, this ending is nothing more than a new beginning.

After a summer of chaos and fun, we will return to start a new year...some of us back at East, others in college or the workplace.

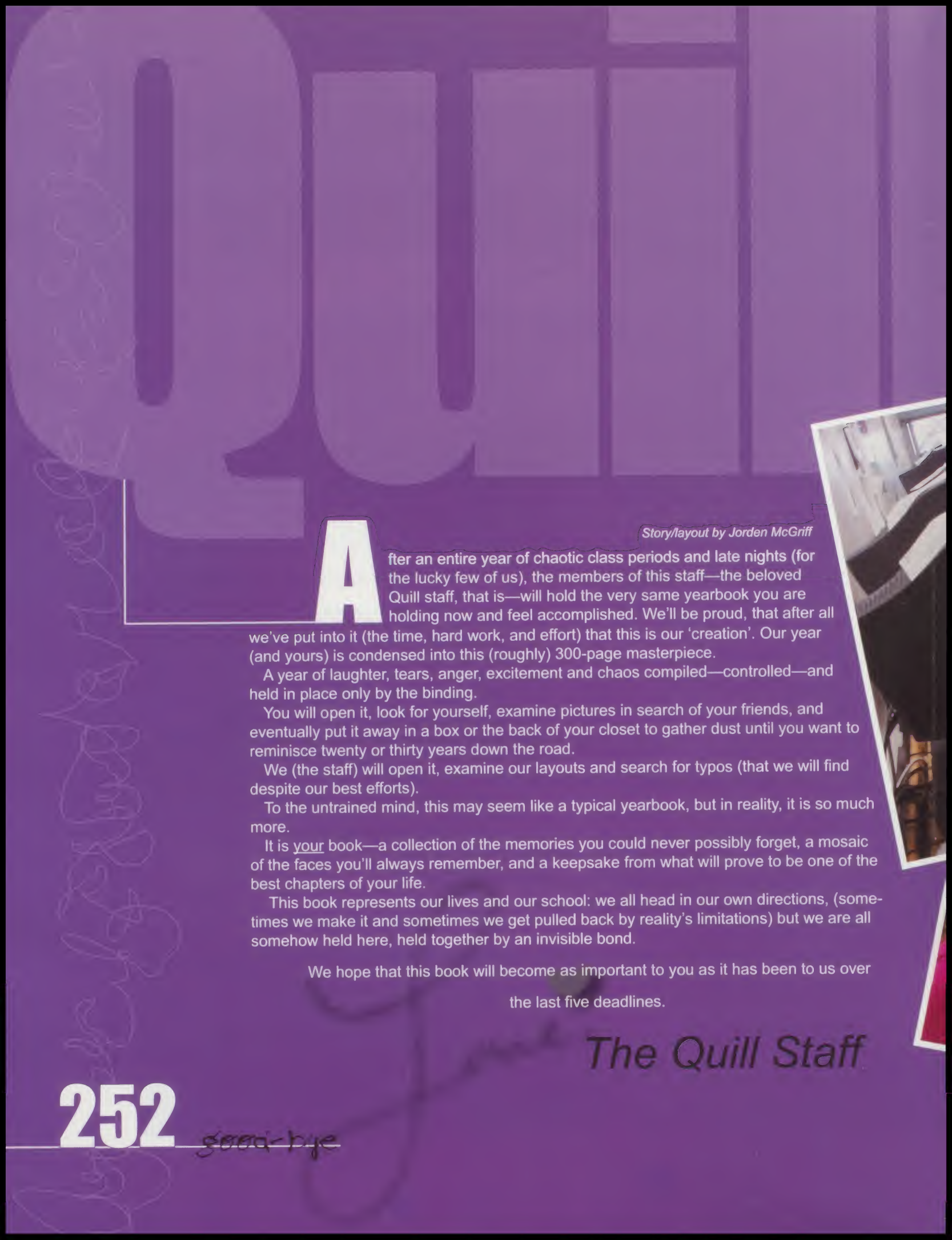
For the underclassmen, the teachers will once again take control of much of your lives and the lazy hangouts of summertime will be replaced by homework and Friday night games.

But don't take these years for granted, they will pass you by sooner than you think. You will never get another chance to make the memories you can make here.

Enjoy every moment.

Grasp every opportunity.

And never forget any of it.



Story/layout by Jorden McGriff

After an entire year of chaotic class periods and late nights (for the lucky few of us), the members of this staff—the beloved Quill staff, that is—will hold the very same yearbook you are holding now and feel accomplished. We'll be proud, that after all we've put into it (the time, hard work, and effort) that this is our 'creation'. Our year (and yours) is condensed into this (roughly) 300-page masterpiece.

A year of laughter, tears, anger, excitement and chaos compiled—controlled—and held in place only by the binding.

You will open it, look for yourself, examine pictures in search of your friends, and eventually put it away in a box or the back of your closet to gather dust until you want to reminisce twenty or thirty years down the road.

We (the staff) will open it, examine our layouts and search for typos (that we will find despite our best efforts).

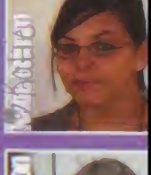
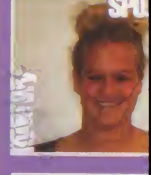
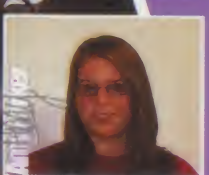
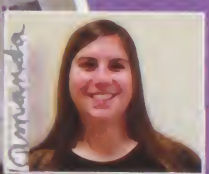
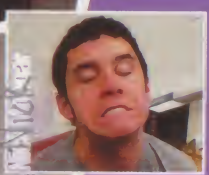
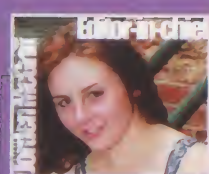
To the untrained mind, this may seem like a typical yearbook, but in reality, it is so much more.

It is your book—a collection of the memories you could never possibly forget, a mosaic of the faces you'll always remember, and a keepsake from what will prove to be one of the best chapters of your life.

This book represents our lives and our school: we all head in our own directions, (sometimes we make it and sometimes we get pulled back by reality's limitations) but we are all somehow held here, held together by an invisible bond.

We hope that this book will become as important to you as it has been to us over the last five deadlines.

The Quill Staff



[patrons]





Handwritten scribble or signature in the top right corner.

relative
strange



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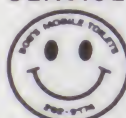
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I love you more than everything!
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have become. We wish you
the best of luck in the future
and always remember to
follow your dreams and keep
reaching for the stars!
We love you,
Mom and Dad



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Class of 2008



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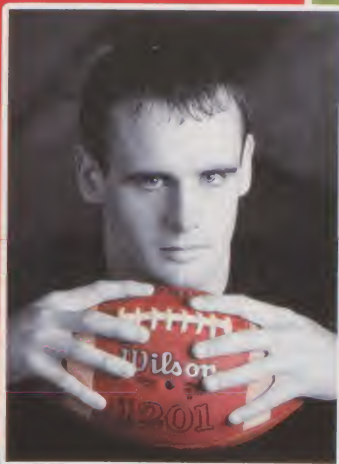
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in the way of your dreams. Be true
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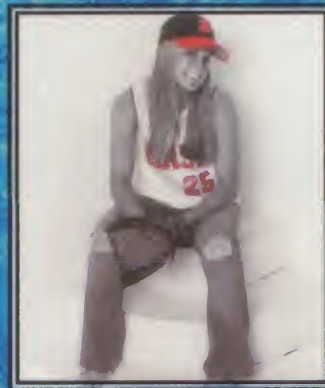
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Congratulations to the East High Senior Class!

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Mattison,
Our always smiling Mattie,
our sunshine on a rainy day.
You are such a beautiful young lady,
inside and out.
We are so proud of you every day.
Stay true to yourself,
keep living your dreams,
keep achieving your goals,
believing in yourself.
Live life to its fullest.
Enjoy your journey and know
we will always be here for you!
We love you so much!
Dad, Mom, and Kasadee

Mattie Sellers
Class of 2008



For the past three years at East, the core of the band has been the senior class of 2008. Your drive, your attitude, your passions and desires have been inspiring to witness. You have worked very hard and blossomed into remarkable young men and women. May music always be an inspiration and a reminder of the limitless potential within each of you. And when things seem at their worst, may music be a refuge from the world. I am truly proud to have known each and every one of you. Good luck in everything that you do and everywhere that you may go. You will be missed.

Chris Strohmaier, Director of Bands





East High Student Government

Austin Locke- President
Tiffani Gutierrez- Vice President
Michie Phengsiaroun- Secretary
Ashley Kasper- Treasury



Samantha Schibner
Class of 2008



Samantha,
My little sunshine that grew into a beautiful person.
You've made me proud these 18 years and I know I will
be proud of you the rest of your life. You're a great
person... loving, caring, and giving... Don't ever
change. You are my pride and joy ever since the day you
were born. I love ya kid. Love,
Mom

Congratulations, Seniors!



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Paige,

*It was eighteen years ago when
we held your tiny little hand. you
have grown and become a beautiful
young woman who achieved her
goals and all her plans. Now it's
time for you to move on to bigger
and better things. Even though
you are grown and much older
now just know that mom and dad
can still hold your hand and help
you along the way.*

*Congratulations! We are so
proud of you!*

We love you.

Mom and Dad



It's my life. It's now or never, I ain't gonna live forever, I just wanna live while I'm alive. My heart is like an open high

Class Motto

In our hands we hold today
In our dreams we hold tomorrow
In our hearts we hold forever.

—unknown

Class Flower

Red Dendrobium Orchid



Audri Lu-Vice President, Nick Mongar-President,
Naly Bounyalath-Treasurer, Pennie Bland-Secretary.

like an open highway, like Frankie said, I did it my way.....

way, like Frankie said, I did it my way. I just wanna live while I'm

alive. It's my life. It's now or never, I ain't gonna live forever, I just wanna live while I'm alive. My heart is

I could tell soon after you were born that you were going to be fabulous. You have always been so happy, so easy going. I love looking at pictures of you. You are always smiling, always having a good time. You are a fun and caring person that everyone likes to be around. I am truly blessed to have you as my daughter. I love you and know that you will do great things with your life. You're my little girl that grew up to be my friend.

You were born to be fabulous.

*Love you!
Mom*



Dear Yehna a.k.a. Jena
At times I know that I sometimes acted more as an enemy, a mother, a best friend, or a pest rather than a sister. You have worried me, scared me, made me cry, made me laugh, pointed me in the right direction, and showed me fun (and I'm guessing I've done the same for you). I couldn't have wished for a better sister. When I wanted to play hairdresser, you volunteered and let me cut off all your hair - you had to wear a hat for a whole year, you shared a room with me when I was too scared to sleep in a room by myself. You were always there when I needed to talk and you always knew how to make me smile when I just felt like crying. You're my little baby sister and my best friend all rolled into one, and the best gift Mom could have given me. I am confident that whatever you decide to do in life, where it may take you - you WILL be amazing. You have already made me so proud to call you my sister. And just remember wherever life takes you I always carry your heart in mine, and we will have our Jack Johnson song to jam to.

*Love is the answer, At least for most of the questions in my heart
Like why are we here? And where do we go? And how come it's so hard?
It's not always easy and sometimes life can be deceiving
I'll tell you one thing it's always better when we're together"*

-Jack Johnson "Better Together"

I love you very much Jena and wish you the best of luck,

Your sister,
Jami

*Jena Bowen
Class of 2008*



'08 '08

Dear Seniors,

Over the past four years, you have worked and studied, practiced and played and grown not only physically but emotionally as well—and now you are here ready to begin your lives as members of the community around us. Whatever course your future takes, it is our sincere hope that you will look back on your years at East High School as having prepared you to meet and deal with the challenges that life will present. On behalf of myself and the faculty and staff at East High School, I wish to each and every one of you the happiness of a productive life, the respect of your fellow human beings, and the love of your family. May the future be yours.

Mr. E



Steph,

Time has passed so quickly and you've grown into a beautiful young lady inside and out. Dream big and don't settle for anything less. We are so proud of you.

Love,

Dad, Mom, Mike, Dylan, Jade, Wesley, and Bubbles



STEPHANIE MARIE RANGEL
CLASS OF 2008

With all you've learned
the experiences you've grown from
the successes you've cherished
and the family we've become
our pride runs deep

Congratulations, Brandon

Love

Mom, Rich

Tanner, Jayden &

Emma





Laurel Christine Murphy

Congratulations and best wishes for a
successful future. We're proud of you!

Love

Mom, Dad, Taryn, Daniel, Grandma, Grandpa,
Tom, Lisa, Jeff, Grace and Spencer



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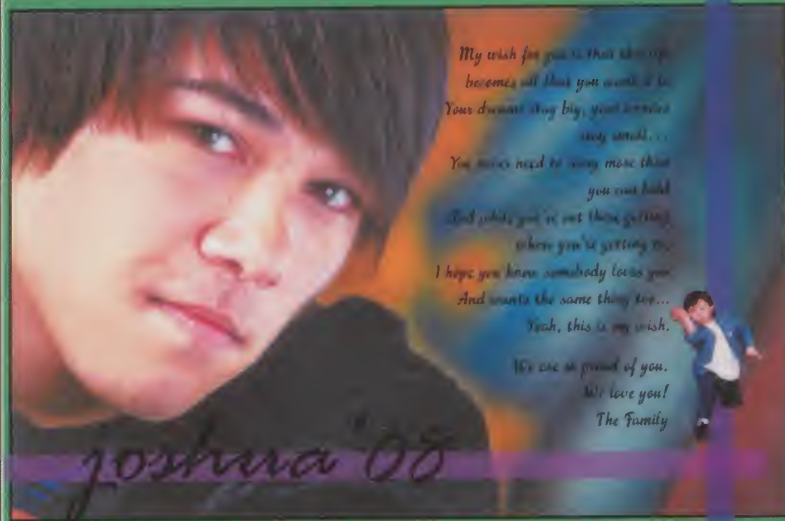
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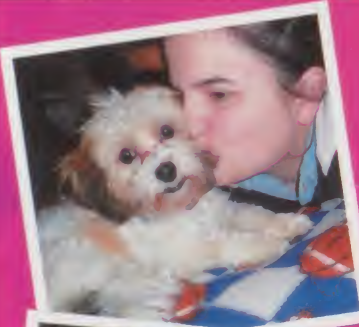
My wish for you is that when you
becomes all that you want it to
Your dream stay big, your journey
easy small...
You never need to worry more than
you can hold
And while you're out there getting on
when you're getting on...
I hope you have somebody love you
And wants the same thing too...
Yeah, this is my wish.
We are so proud of you.
We love you!
The Family

To our babygirl,
The road to get here has been an
adventure for sure! We are so
proud of you! You're all grown
up now and have become such a
beautiful young woman! Learn
from life's lessons to take with you
into your future.

We love you!
Dad, Mom, Michael,
and Grandparents



**Mikel Beem
Class of 2008**



**Allie Carrick
Class of 2008**

You have brains in your head. You have
feet in your shoes. You can steer yourself
in any direction you choose. You're on
your own and you know what you know.
You are the gal who'll decide where to
go. Today is your day! Your mountain
is waiting. So ...get on your way.

-Dr. Seuss





Tiffani

We are so proud of you for all of your accomplishments and for being who you are. You have a bright future, follow your dreams and live life to the fullest. You are a wonderful daughter who will make a difference in the world.

*We love you,
Mom, Dad, Teighlor, and Michael*



Stephen,

You've made us proud from the day you were born. You've grown into a fine young man. We cannot wait to see what promise your future holds. We love you... God bless Mom and Tony



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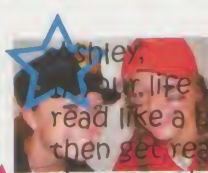
Congratulations!

EHS Theater Arts Seniors





Masyn,
We are very proud of you!
As you begin your next
phase in life, always re-
member: Great achieve-
ments involve great
risk. Open your arms to
change, but don't let go of
your values. Live a good,
honorable life then when
you get older you can
think back and enjoy it a
second time.
Love Always, Avery, Mom
and Rickie



Ashley,
If your life were to
read like a book,
then get ready for
the next chapter.
Hang on tight and
enjoy the ride, I'm
sure it will be fast,
exciting and very
rewarding.
We Love You,
Mom, Dad and
Madison



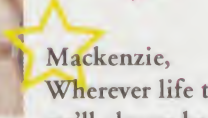
Wickie,
We hope your dreams take
you to the corners of your
smiles, to the height of
your hopes, to the windows
of your opportunities, and
to the most special places
your heart has ever known.
CONGRATULATIONS!

WE'RE SO PROUD OF YOU!
Love, Mom and Jessy,
Annie and Grandma



Many people will walk in
and out of your life, but
only true friends will leave
footprints in your heart.

-Eleanor Roosevelt-



Mackenzie,
Wherever life takes you
we'll always be there for
you with love, support
and ... a checkbook. I
to find what makes
happy, the rest will
into place.
We love you! Dad, Mom
and Matt



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Sometimes I wish you could go back to the days when you were six and your
biggest problem was which dress to put on Barbie and your best friends were
imaginary.

We Love You!

Mom, Dad, Brandie, Wendie, Lacy, Ryan, and Jorge

“shoot for the moon, even if you miss, you'll land among the stars.” jordan



Jordan Elizabeth
It has been fun watching you grow into a beautiful young woman, it seems like yesterday when you were born and now you're graduating from high school already.

We will always remember you running around with your blanket in hand and Neil and Loretta not far behind, playing "I'm a nice doggy put your finger in my mouth" with Papa (boy did he learn the hard way!!), wanting to drive a purple convertible Mustang, saying you were going to work at Dairy Queen when you were all grown up, and going on all your trips to England and now watching you get ready to attend the University of Iowa.

Life has sure flown by fast. You have worked hard for everything you have accomplished and you will continue to until you reach your goal. Just remember that you and only you hold the key to your future and you can do or become anything you set your mind to.

Congratulations on this big accomplishment and we can't wait for the next one!!

★ We love you!!

Mom, Dad & Tanner



class of 2008

trachae schwartztrauber

new worlds to conquer,
adventures to discover,
and new dreams to make come true.

you've grown up so fast
and have become a wonderful young woman.
we are so proud of you!

love

Mommy DADDY Layla



Acknowledgements & Colophon

The staff is grateful for the production assistance provided by these 2007-8 yearbook interns:

| | | |
|-------------------|--------------------|-----------------------|
| Kayla Bruce | Samantha Johnson | Layla Schwartztrauber |
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| James Deaton | Madison Kasper | Nadia Tyler |
| Riley Galvin | Darika Kouangvan | Naipong Vang |
| Kate Hurley | Cristian Rodriguez | Thomas Young |

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Mike Zelenovich – Principal
Jennifer Fehrmann – Herff Jones Representative

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Teacher Marty Mohler and Archie Webb Photography in Pleasant Hill, Iowa.

The Herff Jones yearbook plant in Edwardsville, Kansas produced 915 copies of the 2008 Quill. The 296 page book was completed on March 10.

Sixteen staff members put together the spring-delivery book on 80lb. Bordeaux paper.

The 4/color process lithograph cover is printed on Kivar Cover material with gloss lamination. The cover fonts used are Impact and Mistral. Endsheets are printed with a 4-color process on white Vibracolor paper stock, different front and back. The 8.5" x 11" book is printed with offset lithography and is Smyth-sewn, rounded and backed.

The cover was designed by staff members and Herff Jones cover artist Brett Gonterman. The majority of the copy throughout the book is 10-point Adobe Garamond.

The book was produced digitally and all pages were submitted on the Internet using 17 Dell PC computers and the applications Microsoft Word and Adobe's Photoshop and InDesign CS.

Books were sold from September through November for \$40.

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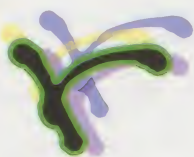
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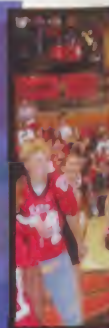
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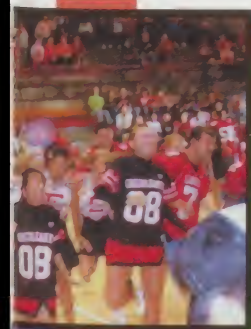


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